



## Alternative & Holistic Medicine Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

### Lakewood

#### **Healing Unleashed Health Services**

303-986-0492

7220 West Jefferson Ave #204 Lakewood, CO 80235

<http://healingunleashed.com/>

- Open Mondays-Fridays 8:00am-5:00pm, Saturdays 8:00am-12:00pm
- Offers functional medicine, “lifestyle health,” neurofeedback, medical massage, craniosacral therapy, and more.
- Accepts United Healthcare, Cigna, MultiPlan Network, Aetna, and TriCare
  - The cost of any services which are not included in the episode of care fee will be billed to you directly.

#### **Massage Envy**

303-922-3689

7033 W. Alaska Drive Lakewood, CO 80226

<http://www.massageenvy.com>

- Open Monday-Sunday 9:00am-8:00pm by appointment
- Offers massage therapy, facials, hot stone and aromatherapy services
- Introductory offer price for 1-hr massage or 1-hr facial: \$75.00

#### **Tree of Life Wellness Center**

303-969-3052

12600 W Colfax Ave, Lakewood, CO 80215

<https://www.tolwellness.com/>

- Open Monday - Thursday 8:00am-3:45pm
- 100% virtual
- Schedule a free consultation online
- Services include gut health, chronic health issues, mental wellness and women’s health

#### **Applewood Acupuncture and Wellness Center**

303-202-5808

2550 Youngfield St. Lakewood, CO 80215

<http://www.applewoodacupuncture.com/>

- Open Monday- Friday 9:00am-5:00pm
- Provides care including acupuncture, acupressure, herbal medicine, other therapies, and Tai Chi and Qi Gong classes

### Denver

#### **True North Acupuncture and Holistic Medicine**

720-739-0745

4433 W 29th Ave Suite 203, Denver, CO 80212

<https://www.truenorthdenver.com/>

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The following is a list of resources that is grouped into the following categories:

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**\*Check Groupon for deals on massages, acupuncture, and other alternative medicine options.**

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- Open Mon-Sat by appointment only, book appointment online or by calling
- Offer acupuncture, mental health services, diet/nutrition, and other forms of physical therapy

### **Kadampa Meditation Center Colorado**

<http://meditationincolorado.org>

303-813-9551

4840 W 29<sup>th</sup> Ave. Denver, CO 80212

- Hours: Tuesday: 7-7:30AM, 5:15-6:15pm  
Wednesday: 12-12:30pm, 5:00-6:30pm, 7:00-8:30pm  
Thursday: 12-12:30pm, 5:00-6:00pm  
Friday: 12-1:00pm (Starting in September)  
Saturday: OPEN FOR EVENTS  
Sunday: 10:30-NOON
- \$15.00 for most general program classes, no one is turned away for lack of funds
- Workshops and Retreats available
- Modern Buddhism in action, offering inner peace and the methods for finding great happiness to people in all walks of life

### **Yoga for the People**

720-295-7792

P.O. Box 18592

<http://www.yogaforthepople.org>

- Yoga for the People's (YFP) mission is to create free, safe, accessible yoga classes for people of all faiths, sexual orientations, genders, ages, races, cultures, physical and financial abilities, while also building a network of service opportunities and support for yoga teachers.
- Held at various locations around the metro area.

### **Courageous Yoga**

1280 Sherman St. Unit 214 Denver, 80203

<https://www.courageousyoga.us/>

- Open Mon/Thurs/Fri 5:30pm-8pm, Tues 4pm-8:30pm, Wed 9am-8pm, Sat/Sun 9:30am-7pm
- Courageous Yoga is a practice space and community led by Queer and Indigenous folks who are advised by BIPOC folks.
- Specific pricing for BIPOC individuals, as well as the Pay It Forward Fund, make yoga more accessible
- Purchase classes and report cancellation needs through the Mindbody app.

### **Aurora**

#### **Affordable Massage Company**

720-675-8987

11111 E Mississippi Ave. #203, Aurora, CO 80012

<https://www.vagaro.com/affordablemassage>

- Open Mon-Sat 9am-8pm
- A network of massage therapists seeking to keep services affordable. Services include massage, prenatal massage, scrubs, and add-ons such as essential oils.
- Disabled access and kid friendly

### **Arvada**

#### **Boundless Body and Wellness**

720-808-5193

Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

5400 Ward Rd. Building 3, L80, Arvada, CO 80002

<https://www.youareboundless.com/>

- Open Mon-Sun 8:30AM-8:00pm
- Offers massage therapy, health coaching, acupuncture, and energy therapy, as well as classes and events.

### **Calm Spirit Acupuncture and Wellness**

303-467-5337

12380 W 64<sup>th</sup> Ave Arvada, CO 80004

<https://www.calmspiritacupuncture.com/>

- Open Mon-Fri 9am-7pm, Sat/Sun 9am-6pm
- Offers acupuncture, massage, skin care, chiropractic, and sports recovery therapy.
- In-network with UMR, United Healthcare, Kaiser, and some Blue Cross Blue Shield/Anthem plans. Calm Spirit is also in-network with some VA benefits.

### **One Yoga Center**

720-583-1207

6935 W 60<sup>th</sup> Ave. Arvada, CO 80003

<https://www.oneyogaandhealing.com/>

- Open Mon 5:30-6:30pm, Tues/Wed 4:30pm-7pm
- Offers yoga and various healing modalities, such as aroma touch therapy, reiki, biomat sessions, and private sound healing.
- Workshops and special events are also offered, including Harmony Circle, Reiki Circle, partner yoga, Sacred Soul women's program and more.