

OUR TEAM

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Daryle Conquering Bear

Native Wellness Coordinator
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GET
CONNECTED

HOURS OF OPERATION

Monday	8am-5pm
Tuesday	10am-7pm
Wednesday	8am-5pm
Thursday	8am-5pm
Friday	8am-12pm

Website

DIHFS.org/SWP

Address

2880 West Holden Place
Denver, CO 80204



HEALTH & WELLNESS PROGRAM

Spirit Within Project



DENVER INDIAN HEALTH AND FAMILY SERVICES



NUTRITION

FITNESS

COMMUNITY

CULTURE



WHAT IS OFFERED



NUTRITION

We offer Counseling for Disease Prevention & Management, Weight Management, Diabetes, Healthy Lifestyle, Ancestral Nutrition, pregnancy, and more!

PHYSICAL ACTIVITY

We offer personal training, individual and group fitness, balance, stability, strength and conditioning training, physical fitness, Ancestral Movement, and healthy lifestyle coaching.

CULTURE & COMMUNITY

We offer cultural community workshops and classes that are centered around traditional movements, practices, and nutrition.



NUTRITION COUNSELING

PHYSICAL ACTIVITY

CULTURE & COMMUNITY

CLASSES & RESOURCES



APPOINTMENT

Nutrition Fitness Community

Who: _____

Date: _____

Time: _____

Call 303-953-6600

**BOOK
YOUR
APPOINTMENT
TODAY!**