Scheduled appointments are preferred, but our program can accommodate walk-ins.

On your first visit, please arrive early to complete enrollment paperwork.

### HOURS

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>8 am - 5 pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10 am - 7 pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>8 am - 5 pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>8 am - 5 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>8 am - noon</td>
</tr>
</tbody>
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### CONTACT

2880 W Holden Place  
Denver, CO  80204  
www.dihfs.org

Ph. (303) 953-6600  
F.  (303) 781-4333

### ENGAGE

https://www.facebook.com/DenverIndianHealth/  
Join our Listserve!  
www.dihfs.org
The mission of the Denver Indian Health and Family Services Diabetes Management and Disease Prevention Program is to provide **culturally appropriate care** to American Indian and Alaska Native individuals and families in our community.

The Diabetes Management and Disease Prevention Program is accredited by the American Association of Diabetes Educators (AADE), indicating our program **meets or exceeds** the National Standards for Diabetes Education.

**Program services include:**

- Coaching and counseling to support clients in achieving their healthy lifestyle goals
- Educational resources for disease prevention
- Collaborative care with DIHFS providers and pharmacy
- Culturally relevant referrals to community resources

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**Registered Dietitian Certified Diabetes Educator**

Sarah Hormachea, RD, CDE  
(303) 953-6604

- Medical Nutrition Therapy
- Diabetes Self-Management
- Diabetes Educational Classes
- Carbohydrate Counting

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**Healthy Lifestyle Coach Certified Personal Trainer**

Sarah Maestas, BS, CPT  
(303) 953-6615

- Individual and Group Fitness
- Strength Training
- Healthy Lifestyle Education
- Weight Management

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"They actually listen to what I have to say and they care about how I feel about being diabetic. It made me feel like I wasn’t alone."

2017 Program Participant

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**Native Wellness Coordinator Women’s Wellness Connection**

Amanda Harris, MS  
(720) 612-7130

- Community Health Liaison
- Outreach + Resources
- Cultural Nutrition + Fitness
- Women’s Screening Services