



Unique Program for Seniors Now Available at PPRH

As you age, you become increasingly susceptible to chronic conditions, such as heart disease. Education about healthy living, early detection and knowledge about your health care options will help to improve your lifestyle.

At Pikes Peak Regional Hospital and Surgery Center (PPRH), we understand how important it is to build relationships with people in the communities we serve, including seniors. We know that your needs and interests are unique and wanted to create a program especially for you.

Senior Circle has been designed for people age 55+ to offer a wide variety of activities, medical screenings and other services to enhance your wellbeing plus provide you with a chance to meet new friends.

Joining *Senior Circle* is easy and inexpensive – the cost for an individual, lifetime membership is \$5. Members may benefit from the following:

- **Health Screenings and Services**
Periodic free or discounted health screenings, such as a “Balance Clinic.”
- **Educational Seminars**
Quarterly seminars covering a wide variety of topics on aging and healthy living.
- **Support Groups**
Chronic disease management as well as other support groups, to be determined.
- **Cafeteria Discount**
A 20% off discount in the PPRH Café, to be enjoyed at breakfast or lunch.
- **Medication Checks**
Opportunities to speak with a pharmacy team member about medications you are taking, possible side effects or interactions, and other questions.
- **VIP (Very Important Patient Program)**
When Senior Circle members are hospitalized at PPRH, they receive a visit from a Senior Circle representative, a small welcome gift, and a cafeteria coupon to pass along to a visiting friend or family member.

To find out more or to sign-up visit our website <http://www.pikespeakregionalhospital.com/services/senior/>. You may also pick up an application at the hospital lobby, cafeteria, the Woodland Park Senior Center or Teller Senior Coalition. Please call 719-686-5802 or send an email to seniorcircle@pprh.net.