

NEWSLETTER

HHFL



| Feature Story

What Does “Health For Life” Look Like?

At Highlands Health for Life, we provide patient-centered care focused on prevention, disease management, and improving quality of life for our patients and community. We are proud to introduce our Healthy Body Clinic and Hormone Clinic, offering personalized wellness and health optimization services for both primary care patients and community members.

The Healthy Body Clinic focuses on improving weight and body composition while reducing risk for cardiovascular disease, diabetes, and cancer through provider-guided lifestyle support, ongoing tracking, and accountability, with medication used as a supportive option when appropriate. We are here for your Health for Life.



What Patients Say About Us

“Kayla has been my provider for almost 3 years. She is great. She listens to me, she remembers previous discussions and background. She is always willing to try different options and does not immediately resort to adding medications.”

| Team Spotlight

Meet the Changemakers

This month, we spotlight Ashlee Trujillo! Practice manager, problem-solver, super mom, and a valued part of the Highlands Health for Life family.



| Quick Updates



New Initiative: Check with your provider and staff about Nutriful®



Call to action: To learn more or schedule an appointment, visit our website.

Dr's Orders

Man Up (Medically Speaking): Your Annual Checkup Isn't Optional Maintenance—It's Preventive Engineering

Men's Health Week is a nationally recognized observance dedicated to raising awareness about preventable health concerns and encouraging early detection and treatment among men and boys.

Despite advances in modern medicine, men consistently lag behind women in preventive care utilization, often delaying checkups until symptoms become unavoidable. At its core, this week is not about alarm—it's about action. Preventive medicine remains one of the most effective tools in extending lifespan, improving quality of life, and reducing long-term healthcare costs.

A Simple Message for Men: Maintenance Beats Repair. Men's Health Week is a reminder that strength is not measured by endurance of symptoms, but by commitment to long-term health.

This Men's Health Week, the message is straightforward:

Prioritize the checkup. Normalize the conversation. Invest in longevity before intervention becomes necessary.



Tips & Trick

- Summer Wellness Tip: Staying hydrated, getting quality sleep, and scheduling preventive checkups are simple steps that support long-term health.
- Hydration recommendations: 64–100+ ounces (2–3+ liters) of water daily (For healthy active people)

Stay in Touch

✉ HighlandsHealthforLife@gmail.com

☎ (303)-381-3700

📍 4104 Tejon St Denver, CO 80211

*“Together, small steps
create big change.”*

Community Spotlight

Wild Finds & Grand Opening Vibes at Rooted Alchemy Collective

Join Rooted Alchemy Collective for the **Wild Makers Market on Saturday, June 6 from 11 AM–4 PM at 4047 Tejon Street in Denver**. Celebrate the collective's grand opening while shopping local artisans, handmade goods, and unique small businesses in a fun community atmosphere.

Guests can explore a variety of handmade art, wellness products, jewelry, clothing, home goods, and one-of-a-kind creations from local vendors while enjoying the vibrant energy of Denver's creative community. The event is all ages and free to attend.



***“TRUE HEALTH CARE
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