



DENVER HEALTH JOURNEYS

Information from your community partner in health and wellness.

May 2025

Moms group builds trust, community



At Denver Health’s Montbello Family Health Center, a special program is helping moms connect, learn and grow alongside their babies. “You’re learning more than on the internet,” one mother said. “I think it’s really good to sit with new moms and learn.”

[Read more](#)



[Mass shooting survivor who turned tragedy into purpose shares story](#)



[Denver Health book program helps kids in first chapters of life’s journey](#)



[Movement best medicine for keeping spine healthy](#)



[Summer break raises child safety concerns at Denver SAFE Center](#)



Denver Health’s third annual Trauma Survivors Fun Run and 5K is on Saturday, May 10, at Berkeley Lake Park. The free event brings together trauma survivors and the Denver community to celebrate their resilience and those who made their recoveries possible.

[Register now](#)

[Careers at Denver Health](#)

[Make an Appointment](#)

[Sign up for MyChart](#)



CLICK HERE FOR A PDF VERSION OF THIS NEWSLETTER.



[View this email in your browser](#)