



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."

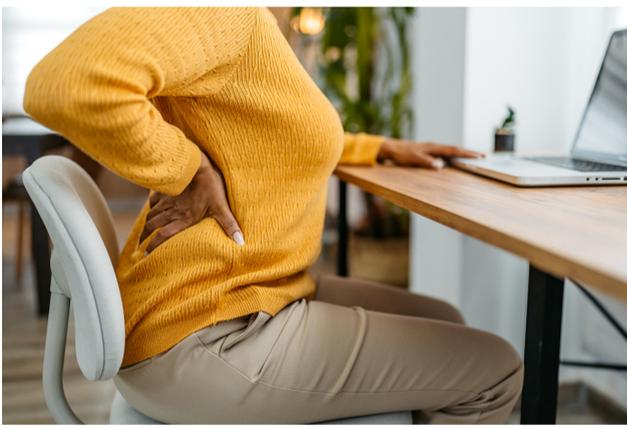
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Denver Health's third annual Trauma Survivors Fun Run and 5K is on Saturday, May 10, at Berkeley Lake Park. The free event brings together trauma survivors and the Denver community to celebrate their resilience and those who made their recoveries possible.

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