



# DENVER HEALTH JOURNEYS

Information from your community partner in health and wellness.

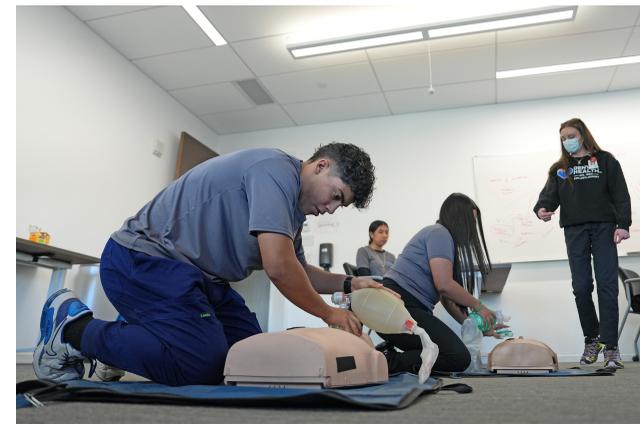
February 2026

## Cardiac rehab builds hearts, friendships

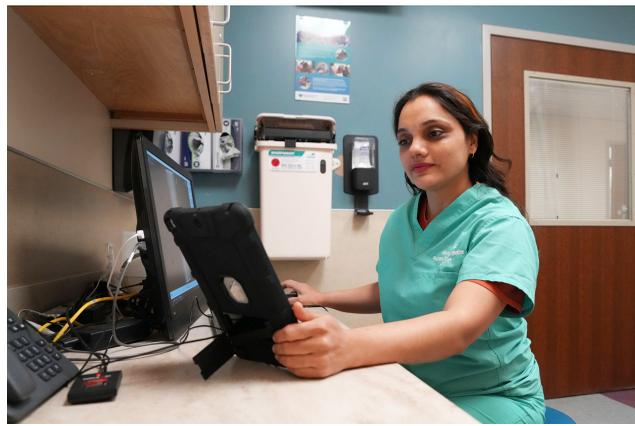


A heart attack during Serena Williams' final tennis match brought Ellen Barton to Denver Health. What's happened in the years since, and the friends she's found at her weekly rehab appointments, has changed her life.

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[Applications open for high schoolers looking to discover medical careers](#)



[Pediatric Virtual Urgent Care expanding to 7 days a week](#)

## Donations needed amid blood shortage



With a critical blood shortage across the U.S., the American Red Cross has partnered with the Cooper Steinhauser Foundation for a blood drive on Feb. 19 at Denver Health. The Steinhauser family is urging people to give blood to help babies like their little Cooper, who needed 13 blood transfusions during his 81 days of life.

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