



DENVER HEALTH JOURNEYS

Information from your community partner in health and wellness.

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A heart attack, a comeback



Six months after a heart attack nearly took his life, Jon Frohlich finished a half-marathon, overcoming the fear of another health scare that had been following him. "It just felt like such a weight off my shoulders," he said. This Saturday, Frohlich will take part in Denver Health's Trauma Survivors Fun Run, a free, family-friendly 5K and 1-mile event at Berkeley Lake Park.

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New home for trusted care comes to southeast Denver



Denver Health opened its 11th community health center, and its first in southeast Denver, last month. "It has taken me a long time to find a doctor that I really trust," one patient said. He found one in Abigail Myers, MD, medical director of the new Southeast Medical Center, 6360 E. Evans Ave.

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[Why new blood pressure, cholesterol guidelines matter earlier in life](#)

[Denver Health stands ready to respond amid Ebola outbreak](#)

Watch Ben's story, see him speak at Trauma Survivors Fun Run



Ben Varga was shot in the neck while on his way to a picnic with friends at Washington Park. He woke up days later at Denver Health. Varga plans to share his journey at the Trauma Survivors Fun Run on Saturday.

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