**HOPE LIVES SERVICE PROVIDERS UPDATED MAY 1, 2024**



**A Better Day Cleaning 970.397.7932**

2529 W. 46th Street

Loveland, Colorado 80539

Contact: Desiree Landt

[www.The](http://www.The) BetterDayWay.com

Desiree@thebetterdayway.com

3 hours of cleaning 2 vouchers

**Acupuncture Center of Northern Colorado 970.493.0025**

2550 Stover St, #F, Fort Collins 80525 [www.acucenternoco.com](http://www.acucenternoco.com/)

accucenternoco@gmail.com

Contact: Holly Rampone-Gulder, Michelle Hines

Services: Acupuncture services provided for patients in all stages of cancer treatment.

Our providers have extensive experience with oncology patients and are certified in oncology acupuncture.

Acupuncture Initial Treatment $115.00 (2 vouchers)

Acupuncture follow up treatment $100.00 (2 vouchers)

**American Cancer Society**  8**00.227.2345** [www.cancer.org](http://www.cancer.org/)

Services: 24/7 cancer helpline, educational materials, places to stay during treatment, rides to treatment, connecting survivors, support, hair-loss and mastectomy products, caregiver support, clinical trials. No vouchers required.

**Balanced Thistle 970.658.5777**

1703 S. College Ave, #301, Fort Collins [www.balancedthistle.com](http://www.balancedthistle.com/)

Contact: Dr. Meghan Gray

Services: Acupuncture, Lymphatic Drainage Massage, Yoni Steaming

**Beyond Massage 719.445.9414**

435 West 9th St

Loveland Colorado 80537

Contact: Donna Waldrop

Donnawaldrop.com

donna@donnawaldrop.com

Services: Osteopathic Bodywork including Lymphatic Drainage, Neural

Vascular and Visceral Manipulation, Fascial Work and Craniosacral Therapy

2 vouchers

**Bodinuity 256-679-3198**

1113 Stoneyhill Dr. Suite C

Fort Collins, Colorado 80525

kbachm@gmail.com

www.bodinuity.com

Contact: Kaitlin Bachmeyer, LMT, MPH

Services: Massage, Lymphatic Drainage, Fascia & Connective Tissue Release, Oncology Wellness Navigation

Massage 45 minutes :1 voucher, 75 minutes: 2 vouchers

In office or Mobile Services

**Columbine Medical Equipment 970.221.1453**

802 West Drake, #101, Fort Collins 80526

www.Columbinehealth.com

Services: Pre-surgery consultation offers product options and information to aid in healing, including post-surgery bras, camisoles, compression tops, and foam forms. Post-surgery consultations offer state of the art bras and forms, fashionable scarves, hats, and other apparel.

Prices vary and clients can use as many $50.00 vouchers as they have available to use.

10% discount for all Hope Lives clients.

**Classical Beauty Spa 970.980.6168**

1618 E. 1st St. Loveland, Colorado 80537

Contact: Lenina Olivas \* Oncology Trained Esthetician

Powder brows/microblading& permanent eyeliner

Hydrating facial

Hydrating body treatments

Hydrating scalp treatments

Reflexology

**CSU Fitness Therapy for Cancer (FIT) 412.512.2120**

910 Moby Dr, Fort Collins <https://www.chhs.colostate.edu/hes/outreach-and-engagement/fit-cancer/>

Contact: Mary Crisafio, MS, ACSM-CPT, mary.crisafio@colostate.edu

Services: Enroll in an 8-week exercise program including individualized assessments and once-a-week group based exercise classes. 2 Vouchers or $170

**Elevated Nutrition & Wellness 423.258.2706**

2707 W. Eisenhower Blvd, Ste 8, Loveland <https://www.elevatedwithjess.com/>

Contact: Jess Whitmill

Services: Mind Body Spirit Release Session (Basic), 30min Nutrition Consultation, 20% lifetime discount on all services (CODE: HOPELIVES), 20% discount on supplements

**Embodied Wholeness 970.408.0820**

824 Mathews St, Fort Collins [www.embodiedwholeness.org](http://www.embodiedwholeness.org/)

Contact: Jeff Pufnock, Ph.D. L.Ac, Jessa Youngs L.Ac FAE hello@embodiedwholeness.org Services: 60-Minute Acupuncture

**Emerge Radiant 720.320.0526**

 [www.emergeradiant.com](http://www.emergeradiant.com/)

IG : @lyndseefrankel

Services: 3D realistic nipple & areola tattoos and scar mitigation for anyone in need. Consultations are recommended but not necessary. Must be 4-6 months from last breast surgery and 6 months from cancer treatment. No vouchers required.

**Estes Park Massage 970.586.4575**

517 Big Thompson Ave B Estes Park [www.estesparkmassagetherapy.com](http://www.estesparkmassagetherapy.com/)

Contact: Becky Martin

Services: 45-minute custom Hope Lives! massage

**European Beauty Care 303.720.3807**

441 E 4th St, Unit 102, Loveland [www.oanatruca.com](http://www.oanatruca.com/) Contact: Oana Truca

Services: Full set lash extensions (2 vouchers), refill classic lashes, brows design (brow shaping & tint) + 1 maintenance brow tint, lash lift + tint, lash refill classic + lip wax.

**Flowing from Center** **970.412.9955**

Classes are in Loveland at the Mountain Presbyterian Church [www.flowingfromcenter.com](http://www.flowingfromcenter.com/)

Contact : Marie Dotts, mcdotts@hotmail.com

Services : 1.5-hour private T’ai Chi session **Freyas Warriors 303.747.5001** [www.freyaswarriors.com](http://www.freyaswarriors.com/)

Contact : Christina LaCroix (former client/Survivor), freya@freyaswarriors.com

Services Group Coaching Seminar (2 vouchers), Freya’s Warriors Session

**Glowing Skin 970.342.9099**

3106 Eisenhower Blvd, Loveland [www.skincareloveland.com](http://www.skincareloveland.com/) Contact: Carly Vittorio

Services: Custom Facial, Eminence Products (Organic/Botanical Skin Care). Cost varies by product selection, call for pricing.

**Grace and Power Fitness** [**970.786.0604**](https://www.google.com/search?q=grace%20and%20power%20yoga&rlz=1C1JZAP_enUS691US691&sxsrf=ALiCzsZA-EXyDLv94VfOiWTtlSgVNKEA3w:1651274258563&ei=CXJsYrfAGqmx0PEPrNajgAY&ved=2ahUKEwjXzO78s7r3AhVcPn0KHZDlBxcQvS56BAgXEAE&uact=5&oq=grace+and+power+yoga&gs_lcp=Cgdnd3Mtd2l6EAMyCwguEIAEEMcBEK8BMgYIABAWEB4yBQgAEIYDMgUIABCGAzIFCAAQhgMyBQgAEIYDOgcIIxCwAxAnOgcIABBHELADOgQIIxAnOgUILhCABDoFCAAQgAQ6AggmSgQIQRgASgQIRhgAUIANWMgdYMoeaAJwAXgAgAFPiAHGA5IBATaYAQCgAQHIAQTAAQE&sclient=gws-wiz&tbs=lf:1,lf_ui:14&tbm=lcl&rflfq=1&num=10&rldimm=12379353787433118964&lqi=ChRncmFjZSBhbmQgcG93ZXIgeW9nYUjKyoH03LaAgAhaKBAAEAEQAhADGAAYAiIUZ3JhY2UgYW5kIHBvd2VyIHlvZ2EqBAgDEAOSAQ5maXRuZXNzX2NlbnRlcpoBJENoZERTVWhOTUc5blMwVkpRMEZuU1VSNU1VMTZhbXAzUlJBQqoBHBABKhgiFGdyYWNlIGFuZCBwb3dlciB5b2dhKAA&sa=X&rlst=f)

645 N Denver Ave, Loveland [www.graceandpowerfitness.com](http://www.graceandpowerfitness.com/)

Contact: Becka Repp

Services: 5 group Barre classes

**Grace Yoga 970.646.2022**

4520 N. Garfield Ave, Loveland [www.lovegraceyoga.com](http://www.lovegraceyoga.com/)

Contact: Nicole Murphy graceyoga@live.com

Services: 7 group yoga classes, 2 private yoga classes, 2 Yamuna Face Sculpting Sessions, 3 Infrared Sessions, Biomat or Infrared Sauna, 1 hour Energy Healing, 1-hour essential oil consultation plus custom blend to take home, 90 min massage with sound healing, 90 min private cacao immersion.

**Grow to be Great (Arbonne) 970.481.8066**

[www.deannemulivihill.arbonne.com](http://www.deannemulivihill.arbonne.com)

Contact: Deanne Mulvihill growtobegreat4@gmail.com

Services: Arbonne skin care, body care, make-up, hair care and nutritional products.

25% off all products. Each voucher is worth $50 towards product cost. Hope Lives Graduates 25% lifetime discount.

Nontoxic skin care products to help after surgery or radiation; also nontoxic makeup and moisturizers.

**Harmonizing Touch Healing Therapies 970.420.4949**

126 W Harvard St, #5, Fort Collins [www.harmonizingtouch.com](http://www.harmonizingtouch.com/)

Contact : Joanie de la Garza, RN, HTCP, CR, joandelagarza@comcast.net

Services: 1-Hour Healing Touch/Reiki

**Hearne’s Footwear and Clothing 970.244.4653**

15 Old Towne Square, Fort Collins 80524 [www.hearnesfootwearandclothing.com](http://www.hearnesfootwearandclothing.com/)

Contact: Maia Baccari

Hearne’s Footwear and Clothing is a woman owned business where quality, comfort and style merge for the perfect fit! Featuring Birkenstock, Dansko Naot, Taos, Bedtstu, European specialty footwear, Flax, Cutloose, Jag, Tempo Paris and much more!

Services: Vouchers accepted as cash towards any purchase equal to or above $50.00, any purchase over the number of vouchers presented will be an out-of-pocket expense.

**Hippy Dippy Wellness 970-889-5779**

[www.hippydippywellness.com](http://www.hippydippywellness.com)

Contact: Christel Sanchez hippydippyenergywork@gmail.com

Mobile: Reiki services provided in your home

Services: 60- minute session (1 voucher)

Book appointment by calling Cristel directly, Hope Lives clients do not book online

All-natural vegan skin care and self-products including candles 20% off by entering code HOPE20 on website.

No vouchers can be used on products.

**Hugh Castor Acupuncture 970.215.7419**

1304 S. College, #7, Fort Collins [www.hughsacupuncture.com](http://www.hughsacupuncture.com/)

Contact: Hugh Castor, hughcastor@hotmail.com

Services: 60-minute acupuncture

**HK Higher Knowing** **970.214.1846**

[www.hkhigherknowing.com](http://www.hkhighkicks.com/) (also use to shop on line)

Contact : Erin Doty, erindoty@hkhigherknowing.com

Services: Yoga & Meditation, Yoga for Pelvic Health, Fascia Yoga-1:1 for 60 minutes 1 voucher

Death Doula, End of Life Preparation, Grief Support-1:1 for 60 minutes 1 voucher

Chakra Energy Balancing 1:1 for 1.5 hours 2 vouchers

Fre singing bowl ticket monthly for two Hope Lives members, contact Erin at erindoty@hkhigherknowing.com to sign up. 1 ticket per calendar year member. Attendees must be a Hope Lives client. Shop healing crystal jewelry, gemstones, gemstone sets, singing bowls, sound products, and palo santo. Use code HOPELIVES to redeem $50.00 off HK products and services

Shop in person: Schedule an appointment by calling 970 214-1846

**Hypnosis in Northern Colorado970.313.3253**

[www.hypnosisinnoco.com](http://www.hypnosisinnoco.com)2627 Redwing Rd, Fort Collins **Contact:** Becky Johnson

**Services:** 2-hour hypnotherapy session

**Indigo Sun 970.213.6331**

631 Birch St, Unit D, Windsor, CO. 80550 [www.indigosunacupuncture.com](http://www.indigosunacupuncture.com)

Contact: Ellen Williams, L.AC., MS OTR indigoacupuncture@comcast.net

Services**:** Acupuncture, Cupping, Tui Na, Moxibustion, 10% lifetime discount on services to client and immediate family

Initial Eval and Acupuncture Session: 1 voucher, Follow up Acupuncture Session: 1 voucher

**Jordan Schulz Coaching 970 283-7823**

**VITUAL ONLY** [www.jordanschulzcoaching.com](http://www.jordanschulzcoaching.com) , coachjordanschulz@gmail.com

**Contact:** Jordan Schulz, Certified coach Specializing in trauma and disability.

**Services:** 60-minute coaching session (2 vouchers or $100/ Session)

**Knitted Knockers 970.213.6331**

Contact: Deanna Krausse

Services: Knitted Knockers are special handmade breast prosthesis for those who have undergone mastectomies or other procedures to the breast. Traditional breast prosthetics are usually expensive, heavy, sweaty and uncomfortable.

No vouchers required. Can also be picked up at Hope Lives! office (supply varies, by appointment only).

**Lana Gallagher Massage** **970.213.6392**

4545 Wheaton Drive, B210 Fort Collins, CO 80525 [www.lkgallagher.massagetherapy.com](http://www.lkgallagher.massagetherapy.com/)

LKGallagher81@gmail.com

Services: 60-Minute Massage (Swedish, Deep Tissue, Sports, Manual Lymphatic Drainage, Trigger Point)

**Life Touch Oncology Massage 970.214.2134**

Contact: Sarah Jane Baietti

1414 Catalpa Court

Fort Collins, CO. 80521

sarahbaietti@gmail.com

Lifetouchoncologymassage.com

Services: 1st session and treatment 2 vouchers

60-minute massage 1 voucher

90-minute massage 2 vouchers

Free add on of Aromatherapy and hot or cold stone.

**LymphWorks, LLC 970.222.9421**

1113 Stoney Hill Dr, # A, Fort Collins [www.fortcollinslymph-massage.com](http://www.fortcollinslymph-massage.com/)

Contact: Carol McDaniel CMT

Services: Lymphatic Drainage Therapy, Manual Lymph Drainage, Oncology Safe Facial

One 45-minute session or Two 30-minute sessions; One 30-min Oncology Facial

**Malama Massage & Bodywork 720.320.7789**

[www.malamamandb.com](http://www.malamamandb.com)

Contact : Gina Michelle, LMT, CHDP, aquamalama@gmail.com

Services: Healing dance aquatic bodywork, temple lomi lomi, integrated massage

**Mary Kay 308-220-8543**

Contact :Alisa Rindels[**www.marykay.com/arindels**](http://www.marykay.com/arindels)

Complimentary skin care session, free samples, 25% off with voucher, 10% off without voucher, discounts to fit within $50 voucher limits.

**Natasha Trujillo, PhD, L.P. 307.760.3886**

\*VIRTUAL\*

Contact: Natasha Trujillo

Services: Specializes in trauma/grief counseling. 3 vouchers/$150 per session

**Old Town Hair Company**  **970.407.9730**

325 Cherry St, #114, Fort Collins, Colorado 80521 [www.oldtownhaircompany.com](http://www.oldtownhaircompany.com)

Contact: Sally Weiss oldtownhair@gmail.com

Can use up to 6 vouchers towards the purchase of a wig (equivalent to $300 towards the purchase of a prosthetic hair system). Please call to schedule an appointment.

**Orange Moon Massage & Holistic Healing 970. 388.0605**

907 30th Ave, #101 Greeley [www.orangemoonhealing.com](http://www.orangemoonhealing.com/)

Contact: Areina Naranjo orangemoon.holistic@gmail.com

Services: Full Body, Deep Tissue, Lomi Lomi, Chair, Lymphatic Drainage, Head/Face/Neck & Pain-Relieving Foot Massages. Book online with code Hope Lives.

**Proper Canna Naturals 970.556.6834**

2649 E Mulberry St, Unit 9, Fort Collins <https://propercannanaturals.com/>info@propercannanaturals.com

Discount code HOPE LIVES for 25% off products

**Quality Cleaning** **970.624.9221**

Contact: Maritza

Services: 2-hour cleaning, including cleaning products (2 vouchers). Serves ALL NoCo.

**RCC Medical Supply 970.356.9078**

3109 35th Ave, Greeley

Contact: Amy Ledford

Services: Mastectomy supplies: bras, silicone mastectomy forms, foam mastectomy forms, post-op camisoles; lymphedema sleeve, lymphedema gauntlet, lymphedema glove, compression bras, swimsuits, and headwear. Use Up 4 vouchers towards the purchase of products.

**Replenish Nutrition 970.400.1866**

In person or virtual coaching [www.replenishnutrition.org](http://www.replenishnutrition.org/)

Contact: Megan Salazar, megan@replenishnutrition.org

Services: 4 Nutrition Counseling Sessions (2 vouchers)

**Resilient Soul Yoga 970.776.9533**

418 East 4t**h** Street #100 Loveland ,Colorado 80537

Contact: Susan Smedley resilientsoulyoga@gmail.com

Services: 60-minute massage 1 voucher

Oncology yoga group classes 3 classes 1 voucher

Reiki Session 1 hour 1 voucher

**Sage Holistic Health** **970.667.7071**

1136 N. Lincoln Ave, Loveland, Colorado 80537 [www.sageholistichealth.com](http://www.sageholistichealth.com/)

Contact: Dee Koloski ND, L. Ac & Kathryn Plummer ND, Lisa Smuin info@sageholistichealth.com

Services: New patient focused acupuncture (2 vouchers) New patient focused naturopathic (2 vouchers)

Acupuncture treatment (1 voucher) Naturopathic follow up (30 minutes) 1 voucher

Lifetime access to acupuncture at Hope Lives rate!

**Sole Therapy** **970.231.7059**

3938 JFK Pkwy #11C, Fort Collins [www.sole-therapy.com](http://www.sole-therapy.com/)

Contact: Andi Bartholomew

Services: 60-Miniute Reflexology, 60-Minute Reiki

**Solecki Chiropractic & Acupuncture 970.353.2101**

3624 W 10th St, Greeley, CO 80634 [www.soleckichiro.com](http://www.soleckichiro.com/)

Contact: Tina Johnson

Services: Chiropractic Adjustment: (1 voucher) Acupuncture: (1 voucher) Exam : Free

**Somebunny**

Contact: Hannah Hopkins Walton, hannah@somebunnyawesome.com

Services: Shirts and pillows for post-surgery recovery. Shirts are soft, open in the front for easy wear and have pockets on the inside to hold your drains, helping you feel comfortable and confident. Hug pillows are crucial after lumpectomy, mastectomy, and reconstruction surgery. The hug pillow is long and rectangular shaped. While the front safeguards your chest, the sides hold your arms out comfortably, so they don’t rest too closely to your tender skin or any area of your arm where lymph nodes were removed. No cost for mastectomy shirt and waterproof drain pouch. 1 voucher for a handmade mastectomy pillow. Shipping additional.

**Sonder Salon**  **303.916.2955**

3491 E Harmony Rd, #114, Fort Collins [www.sondersalon.com](http://www.sondersalon.com/)

Contact: Audrey Catherine

Services: 0 voucher BUZZ CUT. 0 voucher consultation and cuts/styling for the life of your wig. Please call to schedule an appointment. Wigs vary in pricing, call for appointment. Use up to 5 vouchers towards the purchase of a wig (equivalent of $250 discount on full-price wig).

**Spring Creek Acupuncture 303.585.0019**

1816 S. Whitcomb St, Fort Collins

Contact : Christina LaCroix (former client/Survivor)

BOOK HERE: [www.springcreekacupuncture.com](http://www.springcreekacupuncture.com/) (1st visit takes 2 vouchers)

**Soul Agency 970.402.5330**

[www.soulagencylife.com](http://www.soulagencylife.com/)

Contact: Deanna Krausse, deanna.krausse@soulagencylife.com

Services: Healing products for cancer patients of all kinds. Hope Lives clients receive 20% OFF with coupon code HOPELIVES!20 @ checkout.

**The Crowded Bookshelf**

[**www.thecrowdedbookshelf.com**](http://www.thecrowdedbookshelf.com)

Contact: Renee Becher, thecrowdedbookshelffc@gmail.com Services: 15% off 1st order of books/gifts

Pop up venue

First Saturday of every month: Gilded Goat Midtown 2-6 pm,

Third Sunday of every month: Mythmaker Brewing 2-6 pm

**The Happy Mat Yoga Studio 970.820.0838**

Contact Rachel Dirks, yogalovingrachel21@gmail.com [www.happyouhealing.com](http://www.happyouhealing.com/)

Services: Reiki (2 vouchers), Private Sound Bath

\*BONUS\* 5 Yoga Classes and 1 entry to Sound Bath Circle to every new Hope Lives! Client (0 vouchers)

**Traditional Chinese Medical Clinic 970.416.0444**

700 W. Mountain Ave, Fort Collins

Contact: Monique Larsen, tcmclinic@tcmclinic.org [www.tcmclinic.org](http://www.tcmclinic.org/)

Services: Acupuncture

**Tranquil Health Massage & Wellness Center 970.219.9135**

1201 Cliffrose Ct. Fort Collins, Colorado 80525

Contact: Gayle Tanaka, GTanakaCNM@gmail.com [www.tranquilhealthmassage.com](http://www.tranquilhealthmassage.com/)

90-minute massage session (2 vouchers)

Spiritual direction also available- call for more information

**Tusken Chiropractic and Acupuncture 970.669.5433**

706 N. Taft, Loveland CO. 80537

tuskenchiropractic@gmail.com

Contact: Erika Pol

Services: New patient chiropractic (1 voucher), chiropractic visit (1 voucher) new patient acupuncture

(1 voucher) acupuncture visit (1 voucher) 60 minute massage (1 voucher) No upcharge for cupping, gua sha, hot stones etc.

**UNC Cancer Rehabilitation Institute 970.351.1720**

**UNC Cancer Rehabilitation Institute  970.351.1720**

913 19th St, Greeley, CO 80639  [www.unco.edu/unccri](http://www.unco.edu/unccri)

Services: Enroll in a 3-month Cancer Rehabilitation program. This includes an initial assessment and meeting with a cancer exercise specialist 3x/week for 12 weeks. 6 Vouchers or $300

**White Light Guidance 970.691.4295**

373 W. Drake Rd, #9, Fort Collins [www.withwhitelightguidance.com](http://www.withwhitelightguidance.com/)

Contact: Catie Hill, guidance.whitelight@gmail.com

Services: 1:1 intuitive life coaching & grief mentorship session. Continuing programming pricing (self-pay) for Hope Lives clients is $50 off 1:1 intuitive life coaching & grief mentorship sessions and 20% off coaching packages.

**Wildfire Magazine**

<https://www.wildfirecommunity.org/>

WILDFIRE is a magazine specifically designed with the young breast cancer survivor and fighter in mind. The contributors are all diagnosed under the age of 45; a growing population decades younger than the average breast cancer fighter with few age-appropriate resources available. Get a 15% discount at checkout for magazine subscriptions, apparel, writing workshops and more with code HOPELIVES.

**Women of the Water 970.658.0381**

Contact: Lisa Cheney-Philp, lisa@womenofthewater.com

Services: 1:1 coaching and small group programs exploring grief, loss, death and dying

New Client Introductory Package, Small Group Program (4 vouchers), 1:1 coaching package (10 vouchers) [www.womenofthewater.com](http://www.womenofthewater.com/)

**Xanadu Med Spa 970.482.1889**

2244 E Harmony Rd, #100, Fort Collins

Services: Massage, Clinical Oncology Esthetics, Facials and Hand/Foot/Scalp Treatments, Microblading, Lash/Brow Tinting, Lash Extensions [www.xanadumedspa.com](http://www.xanadumedspa.com/)

Services: Massage, Facials, Oncology Aesthetics, Hand/Foot Massage, Skincare, Microblading, Botox and more. Contact for pricing- varies based on selection; staff can create a custom experience that includes several treatments.

# GLOSSARY OF SERVICES

 **Acupuncture –** alleviates symptoms such as: nausea, vomiting, fatigue, and those associated with menopause, as well as assisting with pain management.

* **Barre -** class involving intense isometric movements that are sequenced in a way to elongate and lean out your muscles. Modifications are introduced based on physical capabilities.
* **Biofeedback –** Become aware of how your body and mind react to stress; explore and practice healthier responses.
* **Chiropractic** - immune support, increases energy/comfort, relaxation, stress relief.
* **Counseling -** (individual, couple, family) – increases effective communication, decreases stress/dysfunction.
* **Hair and Wig Care** - support for the process of hair loss and regrowth
* **Home Help** - (cleaning, errands, meal prep, transportation, personal care) – decrease stress, more time for healing and recovery.
* **Healing Touch** - faster surgical healing, decreases post -op circulatory/respiratory complications, mental/emotional healing, healing affirmations.
* **Hypnotherapy** - a method to help treat virtually any psychological or behavioral health issue such as trauma, pain, depression, anxiety, insomnia and more.
* **Lomi Lomi Massage -** a traditional Hawaiian massage that combines massage techniques, nut oils, breathing and dance to soothe the body. It is based on Huna philosophy and how it is related to our body’s work and its healing process.
* **Lymphatic Drainage Massage** - uses a very light touch that mimics the body's natural lymphatic pump. Helps remove toxins, reduced swelling (lymphedema)
* **Massage** - (Swedish, Neuromuscular) - immune support, relaxation, pain relief, decreases stress, lowers heart rate/blood pressure, improves circulation.
* **Naturopathic Medicine** - whole person, cause based approach to health care with natural therapies

(stress management, botanical medicine, homeopathy, nutrition, Chinese Medicine)

* **Qigong** - is a Chinese method that combines soft body movements with mental concentration and breathing to increase human energy.
* **Reiki** - relaxation, pain relief, mood improvement, increase sense of well-being and positive attitude.
* **Reflexology** - encourages release of toxins, increases sense of harmony.
* **Regrowth** – Short hair that grows in after chemotherapy ends.
* **Tai chi** - is a type of Chinese physical exercise in which you make slow, controlled movements to decrease stress and improve mood.
* **Yoga** - more resilience to disease, strength, flexibility, relaxation, and connection to one’s body.
* **Yoni Steaming** - known as V-Steaming or vaginal steaming, is an ancient technique still used around the world to address gynecological issues and vaginal and uterine health. It’s currently one of the top requested alternative health services in the U.S. and rapidly growing in popularity.

# ADDITIONAL RESOURCES

* 2Live 2Cure <https://www.2live2cure.org/>
* A Fresh Chapte[r https://afreshchapter.com/](https://afreshchapter.com/)
* All of Us Research Program [www.joinallofus.org/northcolorado](http://www.joinallofus.org/northcolorado)
* Assurance Wireles[s www.assurancewireless.com](http://www.assurancewireless.com/) 800-392-3850
* Bags of Hope [www.bagsofhope.live](http://www.bagsofhope.live/) 205-292-9397
* BreastCancer.org [www.breastcancer.org](http://www.breastcancer.org/)
* BreastCancerTrials.org [www.breastcancertrials.org](http://www.breastcancertrials.org/)
* Breast Cancer Freebies [www.breastcancerfreebies.com](http://www.breastcancerfreebies.com/)
* Breast Cancer Wellness Magazine <https://breastcancerwellness.org/>
* Camp Koru <https://www.projectkoru.org/camp-koru>
* Camp Kesem <https://www.kesem.org/programs-services/camp-kesem>
* Cancer and Careers [www.cancerandcareers.org](http://www.cancerandcareers.org/) [www.cancerandcareers.org/espanol](http://www.cancerandcareers.org/espanol)
* Cancer Care [www.cancercare.org](http://www.cancercare.org/)
* Cancer Connect <https://news.cancerconnect.com/>
* Cancer Support Community <https://www.cancersupportcommunity.org/>
* Casting for Recovery <https://castingforrecovery.org/>
* Chemocessories <https://chemocessories.org/>
* Cleaning for a Reason <https://cleaningforareason.org/>info@cleaningforareason.org
* Colorado Stage IV MBC Support Group <https://www.facebook.com/groups/3656001217962407>
* Conversations with Kelly <https://conversationswithkelly.com/podcasts/>
* Concern Foundation [www.concernfoundation.org](http://www.concernfoundation.org/) 323-852-9844
* Dana Farber Cancer Institute, Boston [www.dfci.harvard.edu](http://www.dfci.harvard.edu/) 800-525-4669
* Doums Pacis <https://www.domuspacis.org/>
* Emerge Radiant <https://www.emergeradiant.com/>
* Elephants and Tea [www.elephantsandtea.com](http://www.elephantsandtea.com/)
* Epic Experience Beyond Cancer <https://www.epicexperience.org/>
* Facing Hereditary Cancer Empowered (FORCE) <https://www.facingourrisk.org/>
* Fighting Pretty <https://www.fightingpretty.org/>
* For 3 Sisters <https://www.f3s.org/>
* First Descents <https://firstdescents.org/programs/>
* Good Health Will info@goodhealthwill.org 970-624-6002 (Loveland) 970-515-6935 (Greeley)
* Health Well Foundation <https://www.healthwellfoundation.org/>
* Ignite Hope [www.ignitehopecandles.org](http://www.ignitehopecandles.org/)
* Image Reborn <https://imagerebornfoundation.org/wellness-program/renewal-retreats/>
* Imerman Angels <https://imermanangels.org/>
* Inheritance of Hope [www.inheritanceofhope.org](http://www.inheritanceofhope.org/) 914-213-8435
* Kits to Heart [www.kitstoheart.org](http://www.kitstoheart.org/)
* Lasagna Love <https://lasagnalove.org/>
* Little Pink Houses of Hope <https://www.littlepink.org/>
* Live by Living <https://www.livebyliving.org/>
* Living Beyond Breast Cancer <https://www.lbbc.org/>
* Look Good, Feel Better <https://lookgoodfeelbetter.org/>
* Luminaires<https://www.luminaries.life/>
* LympheDIVAS <https://www.lymphedivas.com/>
* Mane Door Salon [www.themanedoorsalon.com](http://www.themanedoorsalon.com/) 970-493-4171 (complimentary buzz cut, wig cutting and styling tutorial by survivor Nancee)
* Mayo Clínica, Minnesota [www.mayclinic.org](http://www.mayclinic.org/)
* MD Anderson Cancer Center, Houston [www.mdanderson.org](http://www.mdanderson.org/) 800-525-5841
* Medicine Horse [www.medicinehorse.org](http://www.medicinehorse.org/) 720-406-7630
* Medical Tattoo Denver [www.medicaltattoodenver.com](http://www.medicaltattoodenver.com/)
* Memorial Sloan-Kettering Cancer Center, New York [www.mskcc.org](http://www.mskcc.org/)
* Metastatic Breast Cancer Alliance <https://www.mbcalliance.org/>
* My Hope Chest <https://www.myhopechest.org/>
* My Life Line <https://www.mylifeline.org/>
* National Cancer Institute <https://www.cancer.gov/>
* National Coalition for Cancer Survivorship <https://canceradvocacy.org/>
* National Library of Medicine <https://www.nlm.nih.gov/>
* Not Putting on a Shirt <https://notputtingonashirt.org/>
* Pan Foundation <https://www.panfoundation.org/>
* Phil’s Friends [www.philsfriends.org](http://www.philsfriends.org/) 224-653-8315
* Pockets of Hope <https://thebreastbox.com/>
* Polite Tumor <https://www.politetumor.com/mission-1>
* Project Life [www.projectlifembc.com](http://www.projectlifembc.com/)
* Road to Recovery [www.cancer.org/roadtorecovery](http://www.cancer.org/roadtorecovery)
* Relay for Life [www.relayforlife.org](http://www.relayforlife.org/)
* Rethink Breast Cancer <https://rethinkbreastcancer.com/>
* Sense of Security <https://www.senseofsecurity.org/>
* Share <https://www.sharecancersupport.org/>
* Sisters Hope [https://www.sistershope.org/](https://www.sistershope.org/?fbclid=IwAR2mIj74Wd0JOpz8QQ66JCQcTeI51R81AnmUOsIk3WQfS6WqbAyq0DWxXHU)
* The American Cancer Society [www.cancer.org](http://www.cancer.org/)
* The Amazing Grace Organization [www.amazinggracenfp.org](http://www.amazinggracenfp.org/)
* The Breasties<https://thebreasties.org/>
* The Breast Box <https://thebreastbox.com/>
* The Breast Cancer Research Foundation [www.bcrfcure.org](http://www.bcrfcure.org/) 866-FIND-A-CURE
* The B.A.B.Y. Foundation [www.thebabyfoundation.org](http://www.thebabyfoundation.org/)
* The City of Hope Cancer Center [www.cityofhope.org](http://www.cityofhope.org/) 800-260-HOPE
* The Jet Foundation [www.thejetfoundation.com](http://www.thejetfoundation.com/)
* The Lydia Project [www.cancersupportservices.org](http://www.cancersupportservices.org/) 706-736-5467
* The Pink Fund <https://pinkfund.org/>
* The Previvor <https://theprevivor.org/>
* The Susan G Komen Foundation [www.komen.org](http://www.komen.org/) 888-888-3317
* The Tutu Project <https://thetutuproject.com/dare2tutu/>
* Tigerlily Foundation <https://www.tigerlilyfoundation.org/>
* TLC Direct [www.tlcdirect.org](http://www.tlcdirect.org/)
* Triage Cancer [www.triagecancer.org](http://www.triagecancer.org/)
* Triple Negative Breast Cancer Foundation <https://tnbcfoundation.org/>
* Twisted Pink <https://www.twistedpink.org/>
* Vital Options International <https://www.vitaloptions.org/>
* World Change Coalition [www.worldchangecoalition.net](http://www.worldchangecoalition.net/) 720-805-7225
* Young Survivors Coalition <https://youngsurvival.org/>