

HOPE LIVES! SERVICE PROVIDERS UPDATED JULY 28, 2025

To be able to access these services, you must first apply on our website www.hopelives.org . Your application will be reviewed for eligibility, and you will receive a phone call to discuss your eligibility.



A Better Day Cleaning

CONTACT: Desiree Landt

PHONE: 970.397.7932

EMAIL: Desiree@thebetterdayway.com

WEBSITE: www.TheBetterDayWay.com

ADDRESS: 2529 W. 46th Street Loveland, CO 80539

SERVICES/VOUCHERS: 3 hours of cleaning 2 vouchers

Acupuncture Center of Northern Colorado

CONTACT: Holly Rampone-Gulder, Michelle Hines

PHONE: 970.493.0025

EMAIL: acucenternoco@gmail.com

WEBSITE: www.acucenternoco.com

ADDRESS: 2550 Stover St, #F101, Fort Collins, CO 80525

The Acupuncture Center of Northern Colorado provides services for patients in all stages of cancer treatment. Our providers have extensive experience with oncology patients and are certified in oncology acupuncture.

SERVICES/VOUCHERS: Acupuncture services are 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) Oncology massage (2 vouchers) for 60-minute session Manual Lymphatic Drainage (2 vouchers) for 60-minute session

Acupuncture Center of Northern Colorado proudly offers the following services:

Impact Supportive Health Contact: Holly Rampone Gulder For questions about this program email info@impactsupportivehealth.com with subject line **HOPE LIVES! GUT HEALTH PROGRAM**

This is an online program. This easy-to-follow, multi-step program will educate you on topics like: whole food nutrition principles, inflammation, insulin sensitivity, the importance of water and exercise, intermittent fasting, sleep hygiene, minimizing toxins and ways to create health habits and so much more.

To take part in this online training, check out: www.impactssupportivehealth.com/programs then email info@impactsupportivehealth.com and include a picture of 2 vouchers and write ISH on the front of the vouchers. You will receive an email coupon code to access the training.

Anderson Family Chiropractic

CONTACT: Dr. Don Anderson

PHONE: 970.225.1006

EMAIL: drdon@andersonfamilychiro.net

WEBSITE: www.andersonfamilychiro.net

ADDRESS: 4025 Automation Way, C2 Fort Collins, CO 80525

SERVICE/VOUCHERS: Immune System Support, Stress Relief, Structural Support. Dr. Anderson has over 30 years of experience in treating patients with various illnesses and disorders and has personally formulated the supplements used in his clinic. He can help relieve the effects of chemotherapy by supporting the immune system, liver, and detox pathways. He can also assist in increasing energy and stamina and releasing emotions associated with trauma. Services: 1 Voucher = \$50.00 towards supplements or 2 office visits. Supplements 30% discount.

Beyond Massage

CONTACT: Donna Waldrop

PHONE: 719.445.9414

EMAIL: donna@donnawaldrop.com

WEBSITE: www.Donnawaldrop.com

ADDRESS: 435 West 9th St. Loveland, CO 80537

SERVICES/VOUCHERS:

Donna offers Osteopathic Bodywork including Lymphatic Drainage, Neural Vascular and Visceral Manipulation, Fascial Work and Craniosacral Therapy = 2 voucher
Her sessions begin with a hands-on visual assessment to give the client the most benefit that their body will accept in that moment. She uses a combination of all of her skills to assist with healing and optimal body mechanics to promote long term healing and results.

Bodinity

CONTACT: Kaitlin Bachmeyer, LMT, MPH

PHONE: 256.679.3198

EMAIL: kbachm@gmail.com

WEBSITE: www.bodinity.com

ADDRESS: 1113 Stoney hill Dr. Suite C Fort Collins, CO 80525

SERVICES/VOUCHERS: 45 minute In-Office Lymphatic Drainage and Massage (1 voucher)

60-minute House Call Lymphatic Drainage and Massage (2 vouchers)

Kaitlin is a cancer survivor herself and uses this embodied experience to help clients navigate into self-care treatments during and after their cancer journey. She is skilled at translating where tissues of your body need a light, medium or deep touch along with fascial release, lymphatic drainage and their self-care education at home. Lymphatic drainage is useful to prepare the body for surgery treatment and is effective for faster recovery as well. Kaitlin's sessions nourish and facilitate the connection of your mind, body and intuition.

Busy Bee Wellness

CONTACT: Kati Crissman

PHONE: 970.290.2640

EMAIL: kati@busy-bee-wellness.com

WEBSITE: www.busy-bee-wellness.com

ADDRESS: 155 West Harvard Street, Suite 102 fort Collins, Colorado 80525

SERVICES/VOUCHERS: Busy Bee Wellness offers a place to heal and restore during this very busy season of your life. Acupuncture can give the body a reprieve during your oncology treatments. Kati's nursing background offers understanding of your oncology treatments though both lenses of western and eastern medicine. 60-minute acupuncture :1 voucher

Classical Beauty

CONTACT: Lenina Olivas * Oncology Trained Esthetician

PHONE: 970.980.6168

EMAIL: Classical.beauty.spa@gmail.com

WEBSITE: www.classicalbeautyspa.com

ADDRESS: 1618 E. 1st St. Loveland, CO 80537

SERVICES/VOUCHERS: Powder Brows/Microblading (7 vouchers) Permanent Eyeliner (10 vouchers) Lip Blush Permanent Makeup (7 vouchers) Hydration Body Treatment (2 vouchers) Hydration Facial (1 voucher) Reflexology, Foot and Hand Treatment (2 vouchers), Hydration Facial (1 voucher), Reflexology Foot and Hand Treatment (2 vouchers) 2 sessions Light Therapy (pain) (2 vouchers)

Columbine Medical Equipment

PHONE: 970.221.1453

EMAIL: Scott.Bolton@columbinehealth.com

WEBSITE: www.Columbinehealth.com

ADDRESS: 802 West Drake #101, Fort Collins, CO 80526

SERVICES/VOUCHERS: 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.

CSU Fitness Therapy for Cancer (FIT)

CONTACT: Mary Crisafio, MS, ACSM-CPT

PHONE: 412.512.2120

EMAIL: mary.crisafio@colostate.edu

WEBSITE: <https://www.chhs.colostate.edu/hes/outreach-and-engagement/fit-cancer/>

ADDRESS: 910 Moby Dr, Fort Collins

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

Estes Park Massage

CONTACT: Rebecca Martin

PHONE: 970.586.4575

EMAIL: estesparkmassage@gmail.com

WEBSITE: www.estesparkmassagetherapy.com

ADDRESS: 517 Big Thompson Ave. 104 Estes Park, CO 80517

SERVICES/VOUCHERS: 30-minute massage 1 voucher

European Beauty Care

CONTACT: Oana Truca

PHONE: 303.720.3807

EMAIL: trucaoana@gmail.com

WEBSITE: www.oanatruca.com

ADDRESS: 441 E 4th St, Unit 102, Loveland, CO 80537

SERVICES/VOUCHERS: Full set classic lash extension 2 vouchers, Refill classic lash (3 weeks) 1 voucher, Lash lift and tint 1 voucher, Brow design and 1 maintenance tint 1 voucher

Forma Bella (Formerly called RCC)

CONTACT: Amy Ledford

PHONE: 970.356.9078

EMAIL: amy@rccmed.net

WEBSITE: www.rccmed.net

ADDRESS: 3109 35th Ave, Greeley, CO 80634

SERVICES/VOUCHERS: Mastectomy supplies: bras, silicone mastectomy forms, foam mastectomy forms, post-op camisoles; lymphedema sleeve, lymphedema gauntlet, lymphedema glove, compression bras, swimsuits, wigs, and headwear. Will take as many vouchers as the client has and a 10% -20% discount given on selected items. Amy is a certified mastectomy fitter with 30 plus years' experience.

Fort Collins Five Element Acupuncture

CONTACT: Kale Dennis L.Ac

PHONE: 989-884-4473

EMAIL: kale.acu@gmail.com

WEBSITE: www.foco5e.com

ADDRESS: 145 W. Swallow Rd. 102, Fort Collins, CO 80525

SERVICES/VOUCHERS: Kale practices a unique style of acupuncture that utilizes a clothing-on, one needle treatment for oncology patients, and he sees one patient at a time. He loves seeing patients in cancer treatment because he has seen great results in symptom management and lab work with this style. Treatments are bookable on his website, including a free 15-minute phone appointment if there are questions. Initial intake is 2 vouchers and acupuncture follow up sessions are 2 vouchers. **Se Habla Español !**

Grace Yoga

CONTACT: Nicole Murphy

PHONE: 970.646.2022

EMAIL: graceyoga@live.com

WEBSITE: www.lovegraceyoga.com

ADDRESS: 4520 N. Garfield Ave, Loveland, CO 80538

SERVICES/VOUCHERS: 5 pack yoga/fitness group classes, (1 voucher) private yoga to support healing and manage stress, (1 voucher) 2 infrared sauna/bio mat sessions, (1 voucher) Rossiter stretching session to improve range of motion and circulation, (1 voucher) Private Yamuna Body Rolling focusing on breath capacity, range of motion, and circulation, (1 voucher) 2 Biomat/Bio Acoustic sessions (1 voucher)

Grow to be Great (Arbonne)

CONTACT: Deanne Mulvihill

PHONE: 970.481.8066

EMAIL: growtobegreat4@gmail.com

WEBSITE: www.deannemulivihill.arbonne.com

SERVICES/VOUCHERS: 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 receive 25% lifetime discount. Nontoxic skin care products to help after surgery or radiation, as well as nontoxic makeup and moisturizers. When you are taking chemo to combat cancer, the last thing you need to worry about are the possible toxins in your skin, makeup, and nutritional products. Arbonne products have pure ingredients, are safe to use (tested and certified in many categories) and beneficial (they we meet the highest standards to verify social and environmental performance, public transparency, and legal accountability to balance profit and purpose).

Harmonizing Touch Healing Therapies

CONTACT: Joanie de la Garza, RN, HTCP, CR,

PHONE: 970.420.4949

EMAIL: joandelagarza@comcast.net

WEBSITE: www.harmonizingtouch.com

ADDRESS: 126 W Harvard St, #5, Fort Collins, CO 80525

SERVICES/VOUCHERS: 1-Hour Healing Touch 1 voucher /Reiki 1 voucher

Joanie has been offering Reiki and Healing Touch for over 30 years. These modalities are deeply relaxing and calming, help relieve anxiety and depression and reduce pain and stress. She says "I have found this work helps with emotional strength as one is going through cancer treatment, and I am deeply honored to provide this work for the Hope Lives! community."

Hearne's Footwear and Clothing

CONTACT: Maia Baccari

PHONE: 970.244.4653

EMAIL: maiabaccari@gmail.com

WEBSITE: www.hearnesfootwearandclothing.com

ADDRESS: 15 Old Towne Square, Fort Collins, CO 80524

SERVICES/VOUCHERS: Hearne's Footwear and clothing is a local woman owned boutique featuring the best in quality comfort and timeless style. We carefully choose our brands based on ethical materials and manufacturing and comfort and classical style. Our many European and American made brands include Birkenstock, Dansko, Sanita, Naot, Taos, Blundstone, Miz Mooz, FLAX, Cutloose, Chalet, Bedstu and many more! Hope Lives! Vouchers are 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. No change will be returned on vouchers.

Hugh Castor Acupuncture

CONTACT: Hugh Castor

PHONE: 970.215.7419

EMAIL: hughcastor@hotmail.com

WEBSITE: www.hughsacupuncture.com

ADDRESS: 1304 S. College #7, Fort Collins, CO 80524

SERVICES/VOUCHERS: Acupuncture (1 voucher)

HK Higher Knowing

CONTACT: Erin Doty

PHONE: 970.214.1846

EMAIL: erindoty@hkhigherknowing.com

WEBSITE: www.hkhigherknowing.com (also use to shop online)

SERVICES/VOUCHERS: 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 Free 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 Hope Lives clients. 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: Erin Doty is the owner of Higher Knowing LLC and offers energy balance and transformation with yoga, self-awareness, meditation, and chakra alignment. Sound alchemy and gemstones for therapeutic use. She is a certified Death Doula and educator and offers end of life services grief support and afterlife communication. Erin is a certified and seasoned yoga teacher specializing in fascia, nervous system regulation, and yoga for pelvic health. Erin celebrates 10 years at Hope Lives! in 2025

Hypnosis in Northern Colorado

CONTACT: Becky Johnson

PHONE: 970.313.3253

EMAIL: beckyrj50@msn.com

WEBSITE: www.hypnosisinnoco.com

SERVICES/VOUCHERS: 2-hour hypnotherapy session – 1 voucher

Indigo Sun

CONTACT: Ellen Williams, L.AC., MS OTR

PHONE: 970.213.6331

EMAIL: .indigosun@comcast.net

WEBSITE: www.indigosunacupuncture.com

ADDRESS: 631 Birch St, Unit D, Windsor, CO 80550

SERVICES/VOUCHERS: Initial Evaluation and Acupuncture Session (1 voucher) Follow up Acupuncture Session: (1 voucher)

Ellen's training and practice utilizes both Traditional Chinese Medicine (TCM) and Five Element (5E) acupuncture to assist with not only physical concerns, but also mental and emotional support. She is very honored to be able to provide services to Hope Lives! Her sister started a cancer support center in their hometown of Bartlesville, OK. Though Ellen is unable to provide services to that program, she feels that providing services to Hope Lives! will help support both programs simultaneously.

Jordan Schulz Coaching

CONTACT: Jordan Schulz, Certified coach_Specializing in trauma and disability.

PHONE: 970.283.7823

EMAIL: coachjordanschulz@gmail.com

WEBSITE: www.jordanschulzcoaching.com

ADDRESS: VIRTUAL ONLY

SERVICES/VOUCHERS: 60-minute coaching session (2 vouchers or \$100/ Session)

Know Me Nutrition

CONTACT: Susan Miszewski

PHONE: 720.310.0675

EMAIL: knowmenutrition@gmail.com

WEBSITE: www.knowmenutrition.com

SERVICES/VOUCHERS: Nutrition counseling for people with cancer and undergoing treatment is critical in the battle against cachexia, malnutrition, and weight loss. Additionally, nearly every cancer treatment impacts appetite, gut health, interest in food, smells, flavors, and more to affect your relationship with food. With 1 voucher, receive 30 minutes of nutrition counseling; two vouchers can be used for a 1-hour session. Additionally, we offer discounted services to care providers (no vouchers accepted for caregivers) to help them manage meal planning, shopping, and nutritional care for loved ones with cancer.

Kristen Yarmey Assisted Stretch & Energy Work

CONTACT: Kristen Yarmey

PHONE: 570-650-8099

EMAIL: Kristen.yarmey@gmail.com

WEBSITE: www.kristenyarmey.net

ADDRESS: 412 W. Olive St. Fort Collins, CO 80525

SERVICES/VOUCHERS: 50 min energy work session (1 Voucher)

Life Touch Oncology Massage

CONTACT: Sarah Jane Baietti, Certified Manual Lymph Drainage Therapist (MLD)

PHONE: 970.214.2134

EMAIL: sarahbaietti@gmail.com

WEBSITE: Lifetouchoncologymassage.com

ADDRESS: 1414 Catalpa Court Fort Collins, CO 80521

SERVICES/VOUCHERS: 60-minute oncology massage offers a quiet, relaxing massage with aromatherapy if desired. 1 voucher, 90 minutes-2 vouchers. 60-minute lymphatic massage, aids in the prevention of lymphedema and swelling, which is a common symptom during cancer treatment. First initial consul is 90 minutes and 2 vouchers.

LymphWorks, LLC

CONTACT: Carol McDaniel CMT

PHONE: 970.222.9421

EMAIL: lymphworks@outlook.com

WEBSITE: www.fortcollinslymph-massage.com

ADDRESS: 702 West Drake RD, Building E, Suite B102 Fort Collins, CO 80526

SERVICES/VOUCHERS: 45-minute oncology lymph massage (1 voucher) 30-minute oncology safe soothing touch facial with esthetician (1 voucher) The voucher cash rate (\$50.00) for 6 months after voucher allotment is applied to all the above services subject to no show and late policies.

Magique Boutique

CONTACT : April Allen

PHONE : 970.230.5780

EMAIL : april@magique.life

WEBSITE: hello@magique-boutique.com

ADDRESS: 760 Whalers Way, Fort Collins, CO 80525

SERVICES/VOUCHERS: Services include fittings for bras, breast forms, wigs, and compression garments in our calm and tranquil environment. Products include a wide variety of bras including mastectomy, surgical support, and compression, along with breast forms, drain management, recovery products, compression wear for lymphedema, mastectomy swimsuits as well as gift items. Come visit our warm and inviting boutique, sit in the reading nook, sample a specialty tea and join a supportive table talk with others who are on a similar journey. We are a unique sanctuary of hope and healing in a tranquil, elegant and comforting setting. We provide a variety of post-mastectomy breast forms, items and apparel; compression garments; wigs and wig services with licensed cosmetologists; custom fitting options; a venue for support groups; and also, books, gifts and tea. Vouchers are 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. All items are discounted 10% for HOPE LIVES clients!

Lana Gallagher Massage

CONTACT: Lana Gallagher

PHONE: 970.213.6392

EMAIL: LKGallagher81@gmail.com

WEBSITE: www.lkgallagher.massagetherapy.com

ADDRESS: 4545 Wheaton Drive, B130 Fort Collins, CO 80525

SERVICES/VOUCHERS: 60-Minute Massage (1 voucher) (Swedish, Deep Tissue, Sports, Manual Lymphatic Drainage, Trigger Point) 90 minute (2 vouchers)

Life Touch Oncology Massage

CONTACT: Sarah Jane Baietti, Certified Manual Lymph Drainage Therapist (MLD)

PHONE: 970.214.2134

EMAIL: sarahbaietti@gmail.com

WEBSITE: Lifetouchoncologymassage.com

ADDRESS: 1414 Catalpa Court Fort Collins, CO 80521

SERVICES/VOUCHERS: 60-minute oncology massage offers a quiet, relaxing massage with aromatherapy if desired. 1 voucher, 90 minutes-2 vouchers. 60-minute lymphatic massage, aids in the prevention of lymphedema and swelling, which is a common symptom during cancer treatment. First initial consul is 90 minutes and 2 vouchers.

LymphWorks, LLC

CONTACT: Carol McDaniel CMT

PHONE: 970.222.9421

EMAIL: lymphworks@outlook.com

WEBSITE: www.fortcollinslymph-massage.com

ADDRESS: 702 West Drake RD, Building E, Suite B102 Fort Collins, CO 80526

SERVICES/VOUCHERS: 45-minute oncology lymph massage (1 voucher) 30-minute oncology safe soothing touch facial with esthetician (1 voucher) The voucher cash rate (\$50.00) for 6 months after voucher allotment is applied to all the above services subject to no show and late policies.

Magique Boutique

CONTACT : April Allen

PHONE : 970.230.5780

EMAIL : april@magique.life

WEBSITE: hello@magique-boutique.com

ADDRESS: 760 Whalers Way, Fort Collins, CO 80525

SERVICES/VOUCHERS: Services include fittings for bras, breast forms, wigs, and compression garments in our calm and tranquil environment. Products include a wide variety of bras including mastectomy, surgical support, and compression, along with breast forms, drain management, recovery products, compression wear for lymphedema, mastectomy swimsuits as well as gift items. Come visit our warm and inviting boutique, sit in the reading nook, sample a specialty tea and join a supportive table talk with others who are on a similar journey. We are a unique sanctuary of hope and healing in a tranquil, elegant and comforting setting. We provide a variety of post-mastectomy breast forms, items and apparel; compression garments; wigs and wig services with licensed cosmetologists; custom fitting options; a venue for support groups; and also, books, gifts and tea. Vouchers are 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. All items are discounted 10% for HOPE LIVES clients!

Mary Kay

CONTACT: Alisa Rindels

PHONE: 308.220.8543

WEBSITE: www.marykay.com/arindels

SERVICES/VOUCHERS: Schedule an Ultimate Pampering Session with Alisa to receive a free facial experience, including gentle Exfoliation, nourishing and hydrating Skin Care, Satin Hands and Satin Lip treatments. You may select any Mary Kay product at 25% discount when using your vouchers or 10% discount ongoing without a voucher. Mary Kay Inc's mission of enriching lives of women around the globe has remained at their core for more than 60 years of our business. Mary Kay has a long-standing commitment to advancing skin health, research and development and nutrition. The brand holds more than 1,600 patents for products, technologies, and packaging designs. The iconic beauty brand and global entrepreneurship company has been named #1 Direct Selling brand of Skin Care and Color Cosmetics in the World by Euromonitor International. From providing opportunity to preserving the planet, Mary Kay Inc. is creating a better world for women.

2 Moons Energy

CONTACT: Kendra Devlin

PHONE: 970.402.8787

EMAIL: Reiki@2Moons.Energy

WEBSITE: <https://2moons.energy/>

ADDRESS: 4520 N Garfield Ave, Loveland Co 80538

SERVICES/VOUCHERS : 60 minutes Reiki Session 1 voucher, 60 minutes distance Reiki Session 1 voucher. If you attend a distance session, you must take a picture of your voucher and send it to Kendra before the session.

As a Reiki Master Teacher and Practitioner, Kendra specializes in creating safe, calming environments where clients can fully relax, release, and reconnect with themselves. Reiki is a gentle, hands-on energy therapy designed to support the body's natural healing response—physically, emotionally, and energetically. While Reiki is not a substitute for medical treatment, research and patient experience show it can offer meaningful relief from many common symptoms experienced during cancer care, such as pain, fatigue, nausea, anxiety, and emotional stress. Kendra honors each client's unique experience and offers the option of distance reiki on days when an in-person session may not feel accessible. Reiki offers a moment of rest and renewal – a place where your body and spirit can simply "be". You don't need to do anything but show up (in person or virtually). She will guide the session, and the Reiki will flow exactly where it is needed most.

NOCO Fitness

CONTACT: Yogi Johnson

PHONE: 970. 744.4080

EMAIL: yogi@nocofitness.com

WEBSITE: www.nocofitness.com

ADDRESS: 1656 Topaz Drive , Loveland CO 80537

SERVICES/VOUCHERS : 60-minute personal training session (1 voucher). NoCo Fitness offers personalized, one-on-one training sessions tailored to your unique fitness goals, focusing on sustainable strength and mobility. Our certified trainers specialize in customized workouts for all fitness levels, ensuring measurable progress through individualized attention and evidence-based techniques.

NOCO Skincare & Co

CONTACT: Suzi Nira

PHONE: 970. 402.5522

EMAIL: nocoskinpro@gmail.com

WEBSITE: nocoskinco.com

ADDRESS: 1000 South Lincoln Avenue, Suite 100B, Loveland, CO 80537

SERVICES/VOUCHERS: Oncology Facial (1 voucher), Oncology Skin Care Kit (1 voucher)

NoCo Skincare & Co has oncology trained, licensed estheticians that practice specialized techniques and care to provide an exceptional service for those undergoing active cancer treatment. We provide

luxury facials with oncology friendly skincare. Osmosis is a medical grade skincare line that uses non-toxic formulas that are gentle enough even for the most sensitive, compromised skin to reinforce the barrier and promote repair without causing harm or irritation. NoCo Skincare & Co is your premier destination for top quality oncology skincare treatments tailored to meet the unique needs of high-risk clients and provide support for their skin, mind and body needs. Beauty is our business!

Old Town Hair Company

CONTACT: Sally Weiss

PHONE: 970.407.9730

EMAIL: oldtownhair@gmail.com

WEBSITE: www.oldtownhaircompany.com

ADDRESS: 325 Cherry St, #114, Fort Collins, CO 80521

SERVICES/VOUCHERS: Can use up to 6 vouchers towards the purchase of a wig (equivalent to \$300 towards the purchase of a prosthetic hair system). Complimentary clipper cut. 10% off all wet products. Please call to schedule an appointment.

Your complimentary consultation will take place in our comfortable, private area with one of our hair replacement specialists. We will go over many options and recommend the best piece suited to meet your needs and goals. We have always felt a great deal of compassion for those experiencing hair loss. Our specialists are members of the American Hair Loss Association, and our owner has been a licensed cosmetologist for over "30" years. You can get a wig anywhere; what you can't get anywhere is the knowledge, expertise and customization that our specialists offer. We will never be a salon that you purchase a piece from, and we will send you out the door. It's always our priority that you feel confident, styling, and maintaining the look we create together at home. Through our in-depth consultations, our stylists can help determine the best fit for your lifestyle and what feels right for you. We take the time to coach each of our clients on washing, styling applications and wearing them to leave you feeling confident to begin your alternate hair journey. We are here to guide you through your hair loss journey from beginning to end. Stylists' tips, natural remedies, salon quality products;

apparel and most importantly emotional support are all at your fingertips to help you look and feel your best!

Orange Moon Massage & Holistic Healing

CONTACT: Areina Naranjo

PHONE: 970.388.0605

EMAIL: orangemoon.holistic@gmail.com

WEBSITE: www.orangemoonhealing.com

ADDRESS: 907 30th Ave, 101 Greeley, CO 80634

SERVICES/VOUCHERS: 60-minute full body, Lomi Lomi, Deep tissue massage (1 voucher) 90 minute (2 vouchers) 90-minute lymphatic drainage (2 vouchers), 30-minute face, head, neck massage (1 voucher) 60-minute face, head, neck massage (1 voucher), 15-minute chair massage (1 voucher for 2 times) 30-minute foot and lower leg massage (1 voucher) To book on website, client must use code HOPELIVES at checkout to bypass deposit.

Ariena is a holistic massage therapist, intuitive energy worker, and herbalist. She specializes in lymphatic drainage massage that is beneficial for those prepping for or recovering from surgeries and oncology treatments. This modality of massage helps reduce inflammation in the body, aids those with lymphedema, improves energy, aids in the detoxification process, eases muscle tension and aches, and improves joint mobility.

Quality Cleaning

CONTACT: Maritza Vega & Travis Lease

PHONE: 970.624.9221/772.370.3570

EMAIL: qualityqueens.cleaning@gmail.com

SERVICES/VOUCHERS: 4-hour cleaning, including cleaning products (2 vouchers). Serves homes in Larimer and Weld County

Resilient Soul Yoga

CONTACT: Susan Smedley

PHONE: 970.776.9533

EMAIL: resilientsoulyoga@gmail.com

WEBSITE: www.resilientsoulyoga.com

ADDRESS: 418 East 4th Street #100 Loveland, CO 80537

SERVICES/VOUCHERS: 60-minute reiki session (1 voucher) 90-minute massage (2 vouchers) 2 Resilience Beyond groups (1 voucher) 5 class pass for group yoga classes (2 vouchers)

Our yoga and wellness studio was founded and operated by a long term, grateful cancer survivor. She recognizes the connection between mind, body and soul and the need to support healing the whole person during and after cancer treatment. The studio is nature infused, and all yoga teachers and massage and reiki practitioners are trauma aware. Come, let us nourish you...body, mind, and soul.

Sage Holistic Health

CONTACT: Dee Koloski ND, Lac & Kathryn Plummer ND, LMT Lisa Smuin LMT

PHONE: 970.667.7071

EMAIL: info@sageholistichealth.com

WEBSITE: www.sageholistichealth.com

ADDRESS: 1136 N. Lincoln Ave, Loveland, CO 80537

SERVICES/VOUCHERS: New patient focused acupuncture (2 vouchers) New patient naturopathic (2 vouchers) Acupuncture treatment (1 voucher) Naturopathic follow up (30 minutes) 1 voucher. Lifetime access to acupuncture at Hope Lives rate!

Our holistic health practice blends sage and affective traditional therapies with the most current advances in modern medicine. Techniques used include nutrition, herbal medicine, lifestyle changes, lab tests, homeopathy, bodywork, acupuncture, and mind/body healing. Acupuncture techniques include needles, moxa, cupping, ear seeds and microcurrent.

Sole Therapy

CONTACT: Andi Bartholomew

PHONE: 970.231.7049

EMAIL: andibartholomew@gmail.com

WEBSITE: www.sole-therapy.com

ADDRESS: 3938 JFK Pkwy #11C, Fort Collins, CO 80525

SERVICES/VOUCHERS: 60-Minute Reflexology, (1 voucher) 60-Minute Reiki (1 voucher)

Andi is a certified Functional Therapy Practitioner who incorporates Reflexology and Reiki to balance the body, mind and spirit. She started with Hope Lives in 2017 after losing her mom to breast cancer. She loves seeing her clients smile and having them feel relieved after their sessions. Both these modalities help ease stress and pain, balance the nervous system, and help the body tap into its innate intelligence of healing.

Solecki Chiropractic & Acupuncture

CONTACT: Tina Johnson

PHONE: 970.353.2101

EMAIL: tina@soleckichiro.com

WEBSITE: www.soleckichiro.com

ADDRESS: 3624 W 10th St, Greeley, CO 80634

SERVICES/VOUCHERS: Spinal Adjustment: 1 voucher, Acupuncture: 1 voucher

Sonder Salon

CONTACT: Audrey Catherine

PHONE: 303.916.2955

EMAIL: Audreycat74@gmail.com

WEBSITE: www.sondersalon.com

ADDRESS: 3491 E Harmony Rd, 114, Fort Collins, CO 80528

SERVICES/VOUCHERS: Hair take down, buzz cut free, Consultation: 1 voucher, Wig orders human and synthetic varies, customizing alternative hair starting at \$75.00, alternative hair refresh, restoration, custom style, prices vary. You can use vouchers on all services up to the cash value client has, anything above the allotment is out of pocket.

Spring Creek Acupuncture

CONTACT: Christina LaCroix (Former client/Survivor)

PHONE: 303.585.0019

EMAIL: Christina@Springcreekacupuncture.com

WEBSITE: www.springcreekacupuncture.com

ADDRESS: South of CSU campus in Fort Collins

SERVICES/VOUCHERS: We only see one patient at a time, and you will not be left in a room alone. Christina has worked with many oncology patients, has continuing education for oncology acupuncture to help mitigate side effects and firsthand knowledge of going through chemo and radiation. Please text if you have questions or have trouble booking. BOOK HERE: www.springcreekacupuncture.com (1st visit takes 2 vouchers each additional visit takes 1 voucher)

S & T Custodial

CONTACT: Saige Torres and Tally Eastman

PHONE: 970.412.8476

EMAIL: STcustodial@gmail.com

SERVICES/VOUCHERS: 3 hours of residential cleaning (1 voucher) We are a cleaning duo with 9 years of cumulative experience working in Larimer and Weld County. We specialize in providing

comprehensive residential cleaning services with a heartfelt commitment to supporting individuals undergoing breast cancer treatment. Understanding the challenges faced during this time, our mission is to alleviate the burden of household upkeep, ensuring a clean, comfortable, and stress-free environment for our clients. Feel free to give us a call, shoot us a text, or send us an email. We look forward to hearing from you.

Traditional Chinese Medical Clinic

CONTACT: Monique Larsen

PHONE: 970.416.0444

EMAIL: tcmclinic@tcmclinic.org

WEBSITE: www.tcmclinic.org

ADDRESS: 700 W. Mountain Ave, Fort Collins, CO 80521

SERVICES/VOUCHERS: Acupuncture Initial Appointment 2 vouchers, follow up 60- minute acupuncture 1 voucher

Tranquil Health Massage & Wellness Center

CONTACT: Gayle Tanaka

PHONE: 970.219.9135

EMAIL: GTanakaCNM@gmail.com

WEBSITE: www.tranquilhealthmassage.com

ADDRESS: 3307 S. College, Ste 200-9, Fort Collins, CO 80525

SERVICES/VOUCHERS: 90-minute massage session (2 vouchers). Spiritual direction is also available- call for more information.

Gayle is a Massage Therapist, Registered Nurse and Certified Nurse-Midwife (over 20 years' experience in each field) She specializes in medical/therapeutic massage and bodywork including but not limited to Manual Lymph Drainage (for Lymphedema) Neuromuscular Reeducation, visceral massage, scar tissue reduction , Somato-emotional/Somato-spiritual work, Cranio-Sacral Massage and other traditional massage techniques. She has been a Hope Lives provider for 20 years!

Tusken Chiropractic and Acupuncture

CONTACT: Erika Pol

PHONE: 970.669.5433

EMAIL: tuskenchiropractic@gmail.com

WEBSITE: www.tuskenchiropractic.com

ADDRESS: 706 N. Taft, Loveland, CO 80537

SERVICES/VOUCHERS: New patient chiropractic (1 voucher), chiropractic visit (1 voucher) new patient acupuncture (1 voucher) acupuncture visit (1 voucher) 30 minutes massage (1 voucher) 60-minute massage (2 vouchers) No upcharge for cupping, gua sha, hot stones etc.

UNC Cancer Rehabilitation Institute

PHONE: 970.351.1720

WEBSITE: www.unco.edu/unccri

ADDRESS: 913 19th St, Greeley, CO 80639

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

Women of the Water

CONTACT: Lisa Cheney-Philp

PHONE: 970.658.0381

EMAIL: lisa@womenofthewater.com

WEBSITE: www.womenofthewater.com

SERVICES/VOUCHERS: 60–90-minute shamanic healing session (divination, power animal retrieval or extraction healing) 2 vouchers

Lisa uses shamanic journeying and healing techniques to connect clients with the wisdom, energy, and power of the spirit world in order to receive insights, clear negative energies, restore power and light, and promote holistic healing. Breast cancer runs in Lisa's maternal line, and she is committed to being a source of love and light for breast cancer survivors and their families.

Xanadu Med Spa

PHONE: 970.482.1889

EMAIL: info@xaanadumedspa.com

WEBSITE: www.xanadumedspa.com

ADDRESS: 2105 Bighorn Rd. 104 Fort Collins, CO 80525

SERVICES/VOUCHERS: Massage, Clinical Oncology Esthetics, Facials and Hand/Foot/ Scalp Treatments, Microblading, Lash/Brow Tinting, Lash Extensions, 3D Areola Tattooing, Energy work, and so much more. Contact for pricing varies based on selection; staff can create a custom experience that

includes several treatments and work with each client to develop a plan. 50 minutes massage (1 voucher) 50 minutes signature facial (1 voucher). Clients may use as many vouchers as they have been allotted for services.

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, an increase in a sense of well-being and positive attitude.
- ✓ **Reflexology** - encourages the release of toxins, increases sense of harmony.
- ✓ **Regrowth** – Short hair that grows 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-Steamming 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 **NO VOUCHERS CAN BE USED ON THESE SERVICES, THEY ARE INFORMATIONAL ONLY**

- 2Live 2Cure <https://www.2live2cure.org/>
- A Fresh Chapter <https://afreshchapter.com/>
- All of Us Research Program www.joinallofus.org/northcolorado
- Assurance Wireless www.assurancewireless.com 800-392-3850
- Bags of Hope www.bagsofhope.live 205-292-9397
- BreastCancer.org www.breastcancer.org
- BreastCancerTrials.org www.breastcancertrials.org
- Breast Cancer Freebies 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 www.cancerandcareers.org/espanol
- Cancer Care 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 323-852-9844
- Dana Farber Cancer Institute, Boston www.dfci.harvard.edu 800-525-4669
- Doums Pacis <https://www.domuspacis.org/>
- Elevated Nutrition & Wellness <https://www.elevatedwithjess.com/> 423.258.2706
- Embodied Wholeness www.embodiedwholeness.org 970-408-0820
- Emerge Radiant <https://www.emergeradiant.com/> 720-320-0526
- Elephants and Tea 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/>
- Flowing From Center www.flowingfromcenter.com 970-412-9955
- For 3 Sisters <https://www.f3s.org/>

- First Descents <https://firstdescents.org/programs/>
- Glowing Skin www.skincareloveland.com 970-342-9099 10% off skincare
- Good Health Will info@goodhealthwill.org 970-624-6002 (Loveland) 970-515-6935 (Greeley)
- Grace & Power Fitness www.graceandpowerfitness.com 970-786-0604
- Health Well Foundation <https://www.healthwellfoundation.org/>
- Ignite Hope www.ignitehopecandles.org
- Image Reborn <https://imagerebornfoundation.org/wellness-program/renewal-retreats/>
- Imerman Angels <https://imermanangels.org/>
- Inheritance of Hope www.inheritanceofhope.org 914-213-8435
- Kits to Heart 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 970-493-4171 (complimentary buzz cut, wig cutting and styling tutorial by survivor Nancee)
- Mayo Clínica, Minnesota www.mayoclinic.org
- MD Anderson Cancer Center, Houston www.mdanderson.org 800-525-5841
- Medicine Horse www.medicinehorse.org 720-406-7630
- Medical Tattoo Denver www.medicaltattoodenver.com
- Memorial Sloan-Kettering Cancer Center, New York 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 224-653-8315
- Pockets of Hope <https://thebreastbox.com/>
- Polite Tumor <https://www.politetumor.com/mission-1>
- Project Life www.projectlifembc.com
- Proper Canna Naturals <https://propercannanaturals.com/> 970-556-6834 25% off Hope Lives discount code
- Road to Recovery www.cancer.org/roadtorecovery
- Relay for Life www.relayforlife.org
- Replenish Nutrition www.replenishnutrition.org 970-400-1866

- Rethink Breast Cancer <https://rethinkbreastcancer.com/>
- Sense of Security <https://www.senseofsecurity.org/>
- Share <https://www.sharecancersupport.org/>
- Sisters Hope <https://www.sistershope.org/>
- The American Cancer Society www.cancer.org
- The Amazing Grace Organization www.amazinggracenfp.org
- The Breasties <https://thebreasties.org/>
- The Breast Box <https://thebreastbox.com/>
- The Breast Cancer Research Foundation www.bcrfcure.org 866-FIND-A-CURE
- The B.A.B.Y. Foundation www.thebabyfoundation.org
- The City of Hope Cancer Center www.cityofhope.org 800-260-HOPE
- The Jet Foundation www.thejetfoundation.com
- The Lydia Project 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 888-888-3317
- The Tutu Project <https://thetutuproject.com/dare2tutu/>
- Tigerlily Foundation <https://www.tigerlilyfoundation.org/>
- TLC Direct www.tlcdirect.org
- Triage Cancer www.triagecancer.org
- Triple Negative Breast Cancer Foundation <https://tnbcfoundation.org/>
- Twisted Pink <https://www.twistedpink.org/>
- Vital Options International <https://www.vitaloptions.org/>
- White Light Guidance <https://www.withwhitelightguidance.com> 970-691-4295
- World Change Coalition www.worldchangecoalition.net 720-805-7225
- Young Survivors Coalition <https://youngsurvival.org/>