



Wheeler

Innovative Care. Positive Change.

April 2019

WHOLE-PERSON HEALTH

Wheeler's Health Spotlight



SERVICES THAT SUPPORT THE WHOLE PERSON

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Wheeler embraces this philosophy with a full range of complementary services provided alongside our integrated primary and behavioral health care at our [Family Health & Wellness Centers](#), including Zumba, chiropractic care, yoga, mindfulness, acupuncture, nutrition, and much more.

Together, these services, and regular exercise, can help reduce stress, increase heart health and fitness, and improve overall wellness. Learn more below!

Zumba at Wheeler's Family Health & Wellness Center Supports Balance, Flexibility, and More

Zumba is an aerobic fitness program

featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. Zumba provides a total workout, combining all of the elements of fitness: cardiovascular and muscular conditioning, as well as balance and flexibility. Routines include interval training—alternating fast and slow rhythms—and resistance training.



Learn more about [Naida Rodriguez-Rosado, licensed Zumba fitness instructor at Wheeler's Family Health & Wellness Center, Hartford.](#)



Chiropractic Care Helps Reduce Pain, Improve Wellness

Suffering from headaches, or back and neck pain? Wheeler's Family Health & Wellness Center at 43 Woodland Street, Hartford, in conjunction with Dr. Anthony H. Debe, offers chiropractic care for children and adults to address these conditions.



[Learn more here.](#)

Wheeler News You May Have Missed



[Immediate Access to Addiction Treatment at Wheeler's Family Health & Wellness Centers](#)



[New Genoa Healthcare Pharmacy in Hartford Opens, Offers Greater Convenience, Better Access to Care](#)



The Benefits of Integrated Care

Jennifer Cannon, APRN, primary care nurse practitioner, talks about how Wheeler's integrated care team meets the whole-health the needs of patients, delivering medical and primary care, as well as other services and links to community resources.

[Hear Jenny's story.](#)

Teodoro Anderson Diaz Named Vice President of Adult Outpatient Services

Teodoro Anderson Diaz, LCSW, LADC, a behavioral health care leader and practitioner, has joined Wheeler as vice



president of **Adult Outpatient Services**. In this role, Mr. Anderson Diaz will oversee the clinic's mental health and substance abuse recovery services and ensure continued integration of behavioral health programs and primary care services. [Learn more here.](#)

Get Ready for Golf, June 10, 2019



Wheeler's 34th Annual Golf Classic, presented by Mutual of America, takes place on June 10, 2019 at the Country Club of Farmington to support children and families in our care.

[Learn more and register here.](#)

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