

# Center for Integrative Care

## IN THE TEBO FAMILY MEDICAL PAVILION

303-415-7292

Monday to Friday 9 a.m. – 5 p.m.

### Integrative Therapies provided:

- Acupuncture/Acupressure
- Manual Lymphatic Drainage/  
Lymphedema Massage
- Oncology Massage
- Reiki
- Urban Zen
- Integrative Care Wellness Consult

### These therapies have been proven to be safe and effective to:

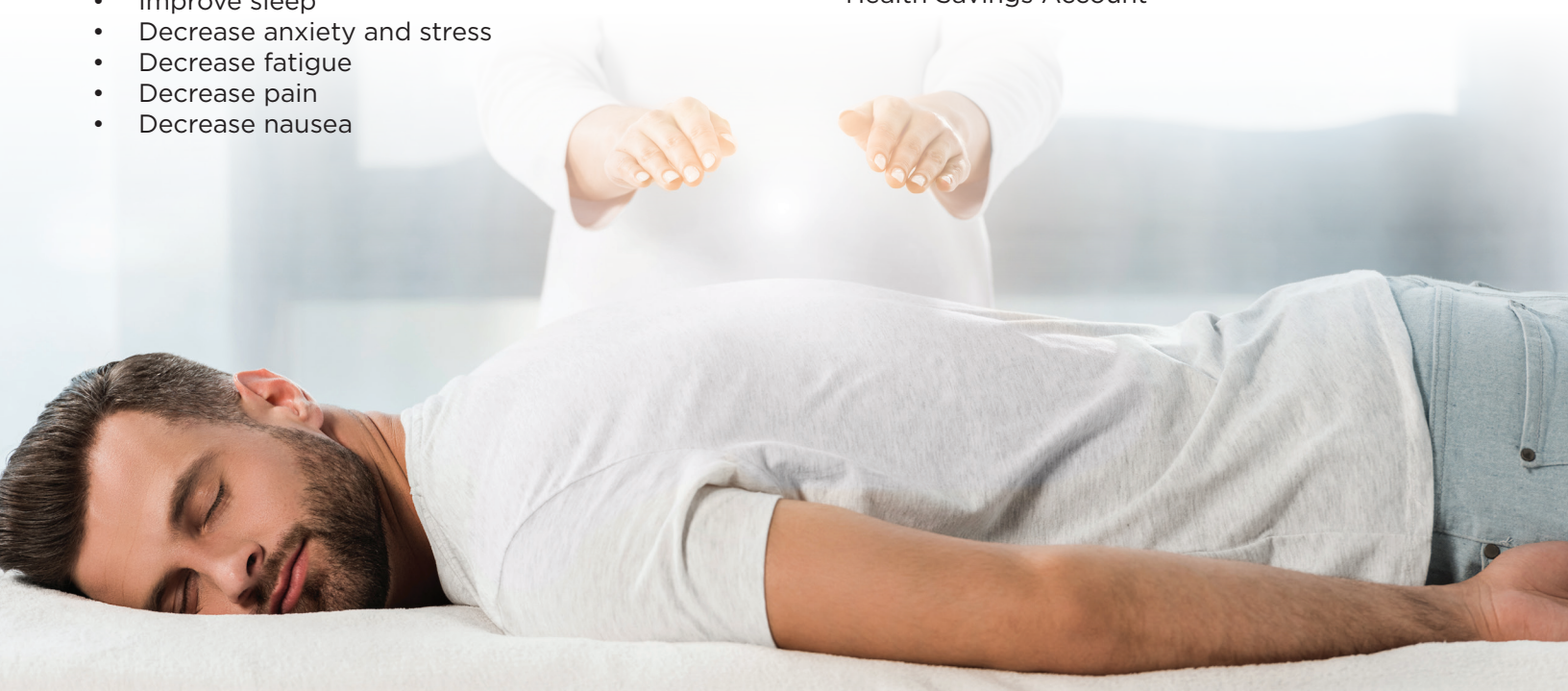
- Improve sleep
- Decrease anxiety and stress
- Decrease fatigue
- Decrease pain
- Decrease nausea


### Services available:

- One-on-one sessions in the Center
- Community Acupuncture Clinic
- Complimentary 15-minute sessions in the Rocky Mountain Cancer Centers infusion room

### Payment:

- Insurance
- Affordable options (please ask about our CAM fund)
- Flexible Spending Account
- Health Savings Account



Boulder  
Community  
Health 

**Center for Integrative Care**  
Tebo Family Medical Pavilion  
4715 Arapahoe Avenue  
Boulder, CO 80303  
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