

# LIVING WELL IN LOWRY

BY NEIGHBORS FOR NEIGHBORS

JUNE 2020 • LIVINGWELLINLOWRY.COM



## *Balance WellSpace Lowry: Get back to the activities you enjoy*

There's no better time than the present to think about your health and wellness. Many people live with chronic pain, inflammation, increased stress levels and ever-present challenges with weight loss. Some have even started to accept their pain as just another part of their daily lives. Dr. Jennifer Walker, chiropractor and CEO of Balance WellSpace Lowry, has dedicated her last 18 years helping patients recover from pain, enhance their overall health and get back to the activities they once enjoyed.

Dr. Walker began her practice on Cape Cod. Two years later, she moved her office to Roanoke, Virginia where she maintains a second office that was able to stay open amid the pandemic. Over the last several months, she has continued to provide care for her patients, even if it was just to help them manage heightened stress levels alone. At the while, she was eager to get back to Lowry as soon as she could. Given their opening was early March, they only had a chance to serve our neighborhood about ten days before they were shut down on March 18<sup>th</sup>.

"We were closed almost as quickly as we opened in March. We are happy to be back here and we're ready to help you," she exclaimed.

Why Lowry? Dr. Walker lived in Colorado over 20 years ago and has always said she left *kicking and screaming*. She knew one day she'd be back. Now, after landing back in Denver, she says choosing Lowry was easy. "I really love the community, and, truly, the Lowry Business Alliance was an added bonus. I thought having an actual organization for business owners was awesome. Lowry also reminds me a lot of where we are in Virginia with the tree-lined streets and the culture in general. It just felt right."

The philosophy at Balance WellSpace feels right, too. They have always been about looking at the entire person, not just their symptom(s). Their care team is made up of complimentary partners in both chiropractic care and medical care. They work together to develop a plan to accomplish the goals of the *patient*. "We always act on what is important to the *patient* which may be different than what is important to *me*. We find that most people want to be pain free. Why do they want to be pain free? Because they want to be able to get back to doing the things *they* enjoy doing," explains Dr. Walker.

Located on the third floor of 125 Rampart Way, the buildout of their brand-new office space took into account the flow of care. From private exam rooms and consultation offices, to chiropractic adjustment stations, physical rehabilitation exercise space and onsite-blood draw and X-ray areas, you can consider it a one-stop-shop for the most part.

Who benefits most from being a patient of Balance WellSpace? "Anyone who wants to get well and put in the work

with us would be an ideal patient for us. Our job, as practitioners, is to educate and support our patients and supply them with a plan of action. At the same time, our patients' job is to comply with treatment. Those two pieces are essential to achieving success.

"We realize there is no magic pill, no one-size-fits-all approach or shortcut to wellness. We take the time to learn about each case." On your first visit, you can plan to spend 45-60 minutes meeting with your dedicated team of providers. You will discuss your detailed medical history, receive a comprehensive exam, any relevant testing and X-rays, if needed. Following your appointment, your multi-member provider team develops a tailored care plan based on *your* goals.

If you are ready to learn about your wellness plan so you can get back to the activities you love to do, don't wait any longer. Rest easy knowing Balance WellSpace Lowry takes your health and safety very seriously. They are following all official guidelines and best practice recommendations. Expect staff members to be wearing masks and gloves, longer office hours to account for time between patients to clean *and* to increase your access to care.

To learn more and to schedule your first visit, contact Balance WellSpace at 720-326-0899 or schedule online at [balancewellspace.com](http://balancewellspace.com).



Find out what's happening in the neighborhood!  
[www.livingwellinlowry.com](http://www.livingwellinlowry.com)