



DENVER HEALTH JOURNEYS

Information from your community partner in health and wellness.

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Stressed? Find calm in holiday chaos



“Most people can relate to the idea of increased stress during the holidays. It’s a time when we might spend more time with family, but there’s also a lot of obligation and pressure to get things done.” Learn tips for coping and how to seek help from Denver Health’s director of integrated behavioral health.

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[Funding from ballot measure 2Q will support these five health areas](#)



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Lifesaving moment to lifetime bond



“I died, I went to heaven, and the Lord and Dr. Lin brought me back,” the 79-year-old said.

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