

Next Step® Institute FACT SHEET

ADDRESS

Colorado

3971 Bighorn Rd. Suite 7BB
Vail, Colorado 81657
p (970) 477-2800 / f (970)477-2808
www.nextstepinstitute.org

GETTING THERE

Two Thunderbirds Ranch is:

1 mile East of Eagle, Colorado
30 miles East of Vail, Colorado
149 miles East of Denver International Airport
1.2 miles West of Eagle County Airport

ABOUT NEXT STEP®

Next Step® Institute of Integrative Medicine, Inc. is a non-profit team of nationally recognized physicians, clinicians and therapists who work together to bring life-changing healing experiences to individuals, families and groups, with a clinic in Vail and accommodations in Eagle, Colorado. Situated in the majestic setting of the Colorado Rockies, Next Step® Institute helps patients achieve optimal wellness by incorporating the best of modern medicine with Eastern medicine, Native American healing practices and a spectrum of effective holistic therapies.

FOUNDED

1982

VAIL, CO OPENING

2006

CLINIC HOURS

Monday – Friday, 9:00 a.m. – 5:00 p.m.

WELLNESS WEEKS

Wellness Weeks are inspired six-night, five-day escapes to address specific health conditions with medical and holistic therapies, so that patients may lead healthier, happier lives. Each Wellness Week is designed for a small group of up to six patients who are experiencing the same or very similar issues, challenges, or illnesses.

2008 Themed Wellness Weeks Include:

Healing With Cancer
Moving Ahead with Multiple Sclerosis
Fibromyalgia Relief
Reclaiming Your Life from Chronic Illness
Conquering Chronic Pain
Health Living with Diabetes
Arthritis—Turning the Corner
Reversing the Effects of Silicone-Induced Illness
Living Well with Parkinson's Disease
Beyond Breast Cancer
Breathe Easy: Smoking Cessation
Filling the Void—Overcoming Food Addiction
HIV/Aids Wellness
Triumph Over Chronic Headaches
My Turn—Adult Survivors of Childhood Trauma
Wellness for Body, Mind & Spirit

ACCOMMODATION

Two Thunderbirds Ranch is situated in the tranquil and picturesque town of Eagle, Colorado, just 30 miles west of Vail, a world-class resort destination. Located on five acres of rolling hills, sage brush, and Colorado wild grasses, *Two Thunderbirds* features a spectacular view of the valley, with New York Mountain and the Sawatch Range offering a breathtaking backdrop.

The Ranch is graced by a harmonious alpine landscape, glorious sunrises, and stunning mountain vistas. Each of the five guest rooms is fashioned to provide a connection to nature, with rooms referred to as the "Canyon," "Forest," "Mountain," "River" and "Waterfall" Rooms. *Two Thunderbirds Ranch* is also home to seven therapy horses and a traditional Native American Sweat Lodge. The organization's partner hotel company, Rock Resorts, Vail Collection, offers to patients preferred rates for alternative accommodation at The Lodge & Spa at Cordillera, The Lodge at Vail, the Austria Haus Hotel, and the area's newest luxury hotel, Arrabelle at Vail Square.

ABOUT INTEGRATIVE MEDICINE

Integrative medicine is the practice of medicine which utilizes the best aspects of all different approaches to wellness and fighting diseases. A similar approach was practiced by the Mayo brothers when they scoured the world for the best approaches to surgery. At Next Step[®], physical, intellectual, emotional, and spiritual healing from diverse disciplines are integrated for the most therapeutic approach to the patient.

COST

\$8,900, inclusive of accommodations at *Two Thunderbirds Ranch*, with credit options available

PAYMENT OPTIONS

Personal Check
Visa / MasterCard
Care Credit Patient Payment Plans

CLINICAL DIRECTORS

Gary M. Weiss, M.D.	<i>Medical Doctor</i>
Michael Newberry, M.D.	<i>Medical Doctor</i>
Cathleen Brooks Weiss	<i>Founder, Executive Director & Therapist</i>
Jordan Newberry, M.A.	<i>Counselor, Director of Creative Therapies</i>

CLINICAL EXPERTISE

Integrative Medicine
Alternative Therapies
Childhood Trauma
Pain Management
Creative Therapies
Addiction Medicine
Neurology
Psychiatry
Psychology

STAFF

Bonnie McDonald	<i>Program Director</i>
Jennifer Mason Gellar	<i>Physician Assistant</i>
Marc Rouse	<i>Personal Chef, Blackstar Catering</i>
Robert Wagner	<i>Patient Services Coordinator</i>

THERAPISTS

Sherry Bauer	<i>Chi Kung Healer</i>
Lauren Brand	<i>Massage Therapy, Personal Training, Yoga Therapist</i>
Robert Bump	<i>Acupuncture, Chinese Energy Healing</i>
Liv Fagerholm	<i>Equine-Assisted Therapy</i>
Roni Goldberg Sheldon	<i>Massage Therapy</i>
LeeAnn Heinbaugh, MA	<i>Intuitive/Spiritual Counseling</i>
Gina Jelacic, MPT, MLD	<i>Physical Therapy, Pilates, Lymphatic Drainage</i>
Steve and Iris Jourdain	<i>Native American Healing</i>
Eliza Klearman, ND, LAC	<i>Naturopathy, Acupuncture, Nutrition</i>
Kristi Moon	<i>Equine-Assisted Therapy</i>
Erin L. Watkins	<i>Yoga Therapist</i>
Catherine Zeeb, PHD	<i>Breathwork, Spiritual Counseling</i>

INFORMATION

Bonnie McDonald, Program Director, Next Step[®] Institute of Integrative Medicine
p (970) 477-2800 / f (970) 477-2808
bmcdonald@nextstepinstitute.org