



“A NEW WORLD OF WELL AWAITS”

OVERVIEW

Strata Med at Garden of the Gods Resort and Club redefines patient care by integrating the personalized focus of concierge medicine with the holistic approach of integrative and functional medicine. Unlike traditional settings, Strata values extended interactions to understand and address individual health needs comprehensively. Strata’s focus on “whole person health,” a unique blend of personalized and preventive care backed by a team of skilled practitioners, promotes long-term health outcomes, shifting from merely treating symptoms to exploring underlying causes to optimize overall wellness.

At a glance:

- Founded in 2016 on the grounds of Garden of the Gods Resort and Club, adjacent to the main lodge
- Open to the public welcoming locals, Strata and club members, resort guests, and area visitors alike
- Housed within a 31,000 square foot building, Strata is comprised of a 10,000 square foot medical center, 10,000 square foot spa and 11,000 square foot event center for fitness and cooking demonstrations, educational lectures and more
- Transforming lives and building community through three key integrated disciplines: Strata Med (health and wellness), Strata Spa (spa and salon), and Strata Fit (fitness and performance) all under one roof
- Internationally acclaimed, scientifically-driven, and evidence-based Concierge Medicine Memberships founded upon patient-centric, personalized, and proactive healthcare—inclusive of integrative, immersive, and innovative services and treatments that stir the senses
- Eastern and western wellness practices all under one roof centered on whole person health; personalized care programs incorporate multiple disciplines
- A team of 40+ experts including board-certified doctors, nurses, therapists, and wellness clinicians, with experts on staff including Cardiologist and Internist Dr. Michael J. Barber, Behavioral Health Specialist Dr. Whitney Harper, Internal Medicine & Lifestyle Medicine expert Dr. Sheila Bee and [many more](#)

STRATA MED SERVICES

- [Functional Medicine](#) is a patient-centered approach to healthcare that focuses on identifying and addressing the underlying causes of health conditions rather than just managing symptoms. This approach is particularly effective for treating chronic and complex conditions such as autoimmune disorders, hormonal imbalances, digestive issues, and metabolic disorders. This comprehensive range of functional medicine services includes:
 - IV Therapy
 - Naturopathic Medicine
 - Nutrition
 - Acupuncture
- [Internal Medicine](#) is a specialized field of healthcare focused on the comprehensive care and management of adults’ internal organs, systems, and overall well-being. The team at Strata possesses expertise in diagnosing and treating a wide range of medical conditions, from chronic illnesses to acute health issues, utilizing evidence-based approaches to promote optimal health and longevity. Strata Med offers an extensive array of internal medicine services, including:
 - Cardiology
 - Weight Management
 - Cognitive Decline Prevention
- [Structural Medicine](#) is a specialized discipline within healthcare that focuses on the assessment and correction of musculoskeletal imbalances and structural issues in the body. Strata’s team of structural medicine practitioners employ a holistic approach to identify and address issues related to posture, movement, and alignment, aiming to alleviate pain, enhance mobility, and improve overall function. Structural medicine services include:
 - Neurological Chiropractic Care
 - Applied Kinesiology
- [Mindful Wellbeing](#): Mindful wellbeing is a holistic approach to nurturing your mental and emotional health, allowing you to live a more balanced and fulfilling life. Through a variety of treatments, Strata Med empowers you to attain greater emotional equilibrium, improved relationships, and a deeper sense of inner peace. These treatments include:

- Mindfulness and Behavioral Health
- Ayurveda
- Healing Touch
- Medical Aesthetics

MEMBERSHIPS

Strata Med memberships are tailored for those seeking a holistic approach to health and wellbeing, and represent a new era of personalized, intimate healthcare offering unparalleled access to a comprehensive range of services, both in-person and virtually.

- **Cardiology Membership:** At the center of the circulatory system, the heart is the body's most important organ; and, with state-of-the-art cardiovascular diagnostics, nutrition focus and board-certified cardiology and physiology expertise, patients gain reassurance in overall cardiac function and reduce heart-related disease risk. Board-certified Cardiologist, Electrophysiologist, and Internist Dr. Michael Barber and his team will help enhance a patient's quality of life with services and treatments centered around heart-health status, prior cardiac history and lifestyle goals.
- **Men's Lifestyle Membership:** The Men's Lifestyle Membership brings together the best in personalized holistic and conventional health and wellness treatment plans for men of all ages and stages of life. Key tracks of the membership include Male Hormones: Revive and Renew, a holistic program focused on improving men's hormonal health; Vitality Boost, a specialized approach to optimize men's physical and mental vitality for overall well-being; and Peak Performance to unlock a patient's full potential to achieve optimal mental health and physical results.
- **Women's Lifestyle Membership:** Pillars of the membership include Conscious Conception, an integrative approach to fertility and pregnancy; Aging Gracefully through enriching treatments for the body, mind and spirit; and Metabolic Lifestyle with a balanced model to physical health and weight management.
- **Premium VIP Membership:** Created for the patient seeking the most inclusive, comprehensive and all-in health management strategy, the Premium VIP Membership brings a unique and unforgettable wellness journey to optimize all aspects of their life. This membership includes everything from personal training and rejuvenating massages to cardiac studies and meal prep. Treatment protocols include DNA analysis, stress tolerance, fitness, mindfulness, nutrition, and more.

PARTNERSHIPS & AFFILIATIONS

. Strata works collaboratively with other healthcare providers and specialists to ensure all patient needs are met.

- **Milestones Resilience Care:** The newest clinic for Lyda Hill Institute, the Milestones Resilience Care program was created with the latest evidence-based trauma and resilience research to empower clients to live the life they imagine for themselves following a serious life event or traumatic experience. Through the restoration of physical well-being, emotional balance, purpose & meaning and connectedness with others, individuals are empowered to develop resilience and overcome the harmful and often debilitating remnants of trauma.
- **Kaiser Permanente:** Acting as Colorado's largest nonprofit health care provider, Kaiser Permanente provides comprehensive health care services to its members through their medical offices and network of affiliated hospitals and physicians. Strata accepts patients with Kaiser Insurance.

STRATA EVENTS & OFFERS

Wellness is achieved when all dimensions of a person's life are integrated and in balance: physical, emotional and spiritual. Strata Med offers interactive wellness workshops, classes and events designed to engage, educate and motivate participants to integrate wellness into their lives. To experience fresh perspectives and inspiration with Strata Med's year-round offerings and programming, visit <https://www.stratawell.com/events/>.

LOCATION & ACCESS:

Strata Med is located onsite at Garden of the Gods Resort and Club within Colorado Springs, providing a tranquil and therapeutic experience amidst magnificent views of Pikes Peak and Garden of the Gods Park. Colorado Springs is home to more than 30 museums, 19 art galleries, 20 breweries and 10 performance art theatres, as well as 136 parks, five sports complexes, 105 miles of urban trails and 160 miles of park trails. Known as the "Olympic City," Colorado Springs has the United States Olympic Committee Headquarters, more than 20 national Olympic governing bodies, more than 50 national sports organizations, the Colorado Springs Olympic Training Center and the U.S. Olympic & Paralympic Museum.

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