**Discover Health & Wellness Helps Supply Food to Local Social Services Agency**

When it comes to being a true neighbor in each corner of the Denver metro area, Discover Health & Wellness (DHW) medical staff and patients from all eight locations stepped up to the plate. Literally.

Organizing and promoting a three-week long inaugural Thanksgiving Food Drive in conjunction with local food blog Mom’s Bistro, each DHW location gathered food and life necessities and delivered them to Integrated Family Community Services (IFCS) in Englewood on Friday, November 17.

**"We are very grateful to serve our community this way. We believe that our wellness offices can make a difference for our patients and our community," says Dr. Keppen Laszlo, DHW founder and CEO.**

Discover Health and Wellness was founded by Dr. Laszlo in 1999. A passionate advocate for health, Dr. Laszlo set out to change the landscape of healthcare, delivering patient-centered, results-driven chiropractic care that addressed health issues at their core. The Colorado community embraced this approach, and today Discover Health and Wellness is one of the largest health and wellness centers in the country. There are currently eight offices in Aurora, Denver, Broomfield, Ken Caryl, Lakewood, Lone Tree, Northglenn and Westminster.

Mom’s Bistro founder Lindsie Zagiba was thrilled to have her local food blog and busy-household menu planning website help to support this effort.

**"Right in our backyard, 1 in 5 kids suffer with hunger every day,” stated Zagiba. “This takes a toll on their health and development, and threatens their futures in many different ways. This food drive is one way that we can give back to our community, and I am proud to be supporting IFCS in this endeavor to help end hunger in Colorado."**

*“The support Discover Health & Wellness gives is vital to our ongoing success,”* said Sandra Blythe-Perry, IFCS Executive Director. “Providing food to those in need and seeing the relief on their faces is truly an awe-inspiring gift to them. We are fortunate to have these community partners.”

Integrated Family Community Services (IFCS) provides basic human services and enrichment programs to low-income people using community resources. IFCS fosters self-sufficiency and respects the dignity of each client. IFCS serves more than 12,000 families annually who reside in communities such as Centennial, Englewood, Glendale, Highlands Ranch, Littleton, Lone Tree, Sheridan and unincorporated Arapahoe County. Donors and volunteers looking to give back to their local community are encouraged to visit IFCS.org or call the offices at 303-789-0501.