Set Sights on a HEALTHIER YOU!
— Wellness Services at Jefferson Center —

Meditation 101
Taming the Anxious Mind
Learning to Forgive
and much more...

2019 Summer Classes
July • August
September

Jefferson Center
With you in mind

www.jcmh.org/wellness
303-425-0300
Whether you use pen and paper, keyboard and computer, or thumbs and a touchscreen, most of us spend our days writing. If you add up the minutes that you spend composing emails, text messages, Google searches, social media posts, calendar entries, and grocery lists, you might be surprised by how much you rely on the written word in your daily life.

More and more research shows that expressive writing can be a helpful way to process emotions, and cope with stressors we come upon every day.

What is expressive writing?
Expressive writing—writing for the purpose of putting your own thoughts and feelings into words—can be a powerful way to enhance overall wellbeing. As its name suggests, expressive writing focuses on expressing and describing your emotional experiences. Expressive writers have the freedom to choose whatever style or structure feels most authentic to them.

How do I do it?
One of the unique benefits of this method is its approachability. You don’t need a college degree or a trained professional in order to take part in the expressive writing process – expressive writing is something you can do on your own.

Here are 4 expressive writing activities that you can experiment with:

1. **Journaling**
   Using a journal or diary to express your emotions, thoughts, and opinions can be a helpful healing process. Putting words to our emotions often helps us understand them in a new way, and process them more effectively.

2. **Schedule writing into your routine**
   Some people have found that incorporating expressive writing, even a few minutes of it, into their daily routine helps their mindset as they move through their day.

3. **Find inspiration in music**
   Put on a random playlist and transcribe the images, memories and emotions that the music evokes for you. This can be a helpful way to jumpstart the writing process, or to give you a mental break from distracting thoughts or preoccupations.

4. **Expressing gratitude**
   Writing about people or experiences that we feel grateful for can help us maintain focus on the aspects of life that are hopeful and meaningful.

Now grab your favorite pen, a wide open book, and allow your thoughts to flow freely.

To learn more about expressive writing, join our “Writing for Wellness” class on Mondays.

www.jcmh.org/wellness | 303-425-0300
**MIND + BODY**

### Gentle Yoga
Looking for a way to build strength, flexibility and balance – both physically and mentally? Searching for emotional peace of mind? Join us for this introductory yoga class where we will use physical poses, breath work, and reflection to bring our mind and body into union. This is an ongoing drop-in class and everyone is welcome to come at any time. Please note that this class is first come, first serve so arriving early and signing in at the front desk can help ensure your spot!

**Friday, 1:00 – 2:00 p.m.**  
July 5, 12, 26  
August 9, 16, 23, 30  
September 6, 20, 27  

*Sarah Sheets, LPC, RYT*  
Union Square

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### Tai Chi for Healing
Combine mind and body movements to improve your overall wellness in the outdoors! Reduce stress, increase balance, improve pain management and increase immunity with slow and gentle movements.

**Thursday, 10:00 – 11:00 a.m.**  
September 5, 12, 19, 26  

*Erik Henriksen, BS*  
Union Square Park, meet in lobby of US

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### Stretch Your Way to Less Stress
When you’re experiencing stress, there’s a good chance your muscles are tense. That’s because your muscles tend to tighten up in response to physical and emotional stress. Come learn ways to move naturally to work out the tension in your body.

**Monday, 10:00 – 11:00 a.m.**  
July 1, 8, 15, 22, 29  

*Erik Henriksen, BS*  
Union Square

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### Meditation 101
You’ve most likely heard all of the hype on meditation and how it can help reduce stress, anxiety, and depression, as well as, increase creativity, motivation, and joy. This is your chance to discover how the power of meditation can work for you. Learn the basics of meditation and how you can use it to positively impact your life.

**Wednesday, 11:00 a.m. – 12:00 p.m.**  
July 3, 10, 17, 23, 31  

*Jovahna Pena, MA*  
Union Square

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### Writing for Wellness
Are emotions and thoughts brimming up inside you? Explore fun and meaningful ways to express yourself through writing. Each week, we will have a different creative writing topic and activity aimed at improving overall wellness.

**Monday, 3:30 – 4:30 p.m.**  
July 1, 8, 15, 22, 29  
August 5, 12, 19, 26  
September 9, 16, 23, 30  

*Chloe Chatenever, MA*  
Union Square

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### Self-Improvement

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**Wednesday, 11:00 a.m. – 12:00 p.m.**  
July 3, 10, 17, 23, 31  

*Jovahna Pena, MA*  
Union Square

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### Taming Depression
Depression can be an overwhelming and isolating experience. This class will allow you to gain insight into your depression, learn techniques to effectively manage it with the overall goal of helping you connect with your values to live a meaningful life.

**Friday, 10:00 – 11:00 a.m.**  
July 5, 12, 19, 26  
August 2, 9, 16, 23, 30  
September 6, 13, 20, 27  

*Jovahna Pena, MA*  
Union Square

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All classes for ages 15 and older  
No Registration Required  
$5 per class • Medicaid – Free  
(unless otherwise noted)
Change your Life
If you find yourself asking what the secret to making your dreams come true is, look no further than the teachings of Ernest Holmes. Come learn step-by-step instructions to improve your experiences of life.

**Wednesday, 1:00 – 2:00 p.m.**
July 3, 10, 17, 24, 31

*Erik Henriksen, BS*
Union Square

Building Better Boundaries
Healthy boundaries are essential for balanced relationships. This class will help you set limits with family, friends and coworkers so you can effectively protect your time and energy. Join us to practice these new skills in a supportive environment.

**Thursday, 1:00 – 2:00 p.m.**
July 11, 18, 25
August 8, 15, 22, 29
September 5, 12, 19, 26

*Chloe Chatenever, MA*
Union Square

Taming the Anxious Mind
If you find yourself burdened by worry, anxiety, or panic, attend this popular wellness class! Gain insight and learn skills to help you more effectively manage your anxiety and unlock the secrets to living a more meaningful life. This is an ongoing drop-in class and everyone is welcome to come at any time during the month.

**Monday, 10:15 – 11:15 a.m.**
July 1, 8, 15, 22, 29
August 5, 12, 19
September 9, 16, 23, 30

*Sarah Sheets, LPC, RYT*
Union Square

**Tuesday, 10:30 – 11:30 a.m.**
July 2, 9, 16, 23, 30
August 6, 13, 20, 27
September 3, 10, 17, 24

*Chloe Chatenever, MA*
West Colfax

Learning to Forgive
When you have been hurt or betrayed it can be hard to know how to heal and move on. Choosing to forgive is a powerful way for you to free yourself from carrying past pain around with you. Come to this class to learn about how you can let go of hurts from the past and move toward acceptance and forgiveness.

**Tuesday, 1:00 – 2:00 p.m.**
July 2, 9, 16, 23

*Sarah Sheets, LPC, RYT*
Union Square

Men’s Wellness workshop
Take some time to learn about wellness topics that matter most to men. We’ll discuss nutrition, physical health, and stress-reduction. You’ll take away something from each class to improve your life in ways you haven’t thought of.

**Tuesday, 2:00 – 3:00 p.m.**
July 2, 9, 16, 23, 30

*Erik Henriksen, BS*
Independence

Living Courageously
Sometimes it feels like an act of courage just to be ourselves, but learning how to be vulnerable can be very rewarding. Based on Brene Brown’s work, this 5-week class will help you explore why it can feel difficult to share your true self with others. We hope you walk away empowered to cultivate the courage to lead the life you want.

**Tuesday, 11:00 – 12:00 p.m.**
July 30 and August 6, 13, 20, 27

*Sarah Sheets, LPC, RYT*
Union Square

The Power of Habit
Using Charles Duhigg’s book as a guide, we’ll look at why habits exist and how they can be changed. The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. By harnessing this new science we can transform our lives.

**Wednesday, 10:00 – 11:00 a.m.**
August 7, 14, 21, 28

*Erik Henriksen, BS*
West Colfax

Overcoming Obstacles
Want to reach your goals this year? We all have self-sabotaging ways the interfere with us reaching our goals! Come learn how to overcome obstacles such as procrastination and time-management issues to reach your goals.

**Thursday, 11:00 – 12:00 p.m.**
August 8, 15, 22, 29

*Erik Henriksen, BS*
Union Square

Self-Compassion
Are you beating yourself up or getting stuck in a cycle of self-criticism? Learn to recognize self-defeating thoughts and behaviors and start treating yourself with the kindness, care, and compassion you deserve!

**Thursday, 11:00 a.m. – 12:00 p.m.**
September 5, 12, 19, 26

*Sarah Sheets, LPC, RYT*
Union Square
Chloe Chatenever, MA
Wellness Clinician

As a Jefferson Center Wellness Clinician, Chloe facilitates wellness classes, offers individual coaching services, and collaborates with local organizations to offer wellness services throughout the community.

She earned her Master's degree in Clinical Mental Health Counseling from the University of Colorado Denver. Chloe believes it’s important to promote wellness in every dimension of life, and enjoys helping people discover new ways to support the health of their bodies as well as their minds. Chloe values compassion, creativity, and curiosity, and she strives to bring each of these elements into her work at Jefferson Center.
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**LIST THE CLASSES YOU PLAN TO ATTEND OVER THE NEXT THREE MONTHS**

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Jefferson Center

With you in mind

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www.jcmh.org/wellness | 303-425-0300
Wellness Services

At Jefferson Center, we recognize the link between emotional and physical wellbeing. Our wellness services offer both conventional and holistic alternatives that build on your unique strengths and interests, and help improve your total health – mind and body!

**TAKING A CLASS**

Each quarter, we offer a variety of rotating wellness classes to meet your needs. Topics covered include managing anxiety and depression, improving your eating and exercise habits, learning self-compassion and building confidence.

**CONSULT A COACH**

Our health coaching program can help you improve your overall wellness in 12 convenient sessions. Your coach will meet with you in person and by phone to create a personalized plan tailored to you and your family’s lifestyle. Health goals may include managing blood pressure, proper diet/nutrition, exercising regularly, reducing or quitting tobacco use and managing stress levels. For more information or to get started today call 303-425-0300.

**CLASS LOCATIONS:**

- Independence (IND)
  4851 Independence St.
  Wheat Ridge, CO

- West Colfax (WC)
  9485 W. Colfax Ave.
  Lakewood, CO

- Union Square (US)
  12055 W. 2nd Place
  Lakewood, CO

- Jefferson Plaza (JP)
  3595 S. Teller St.
  Lakewood, CO