

# Spring Into a **HEALTHIER YOU**

**Evergreen Wellness Classes**

June—August 2018

## **Embracing Uncertainty**

Life is full of unexpected twists and turns that pull you out of your comfort zone. These moments can feel uncomfortable, but they can also bring opportunities for learning, growth and new meaning. Learn skills that will help you live more peacefully with uncertainty and recognize the positive aspects of life's surprises.

**Ages 15 and older**

**\$5 per class • Medicaid - Free**

**Tuesday, 10:00 - 11:00 a.m.**

June 5, 12

***Dawn Marie Gillespie, LSW, RYT***  
**Evergreen Christian Outreach**

## **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!

**Ages 15 and older**

**\$5 per class • Medicaid - Free**

**Tuesday, 10:00 - 11:00 a.m.**

July 17, 24, 31  
August 7

***Dawn Marie Gillespie, LSW, RYT***  
**Evergreen Christian Outreach**

## **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 class will help you explore why it can feel difficult to share your true self with others, and how you can summon the courage to live a more authentic life.

**Ages 15 and older**

**\$5 per class • Medicaid - Free**

**Tuesday, 10:00 - 11:00 a.m.**

June 19, 26  
July 3, 10

***Dawn Marie Gillespie, LSW, RYT***  
**Evergreen Christian Outreach**



### ***Class Locations:***

**Evergreen Mountain Office**  
31207 Keats Way, #202

**Evergreen Christian Outreach**  
3721 N. Evergreen Parkway, Suite 6

**WALK-INS WELCOME!** For more information about these classes, please contact Dawn Marie Gillespie at [dawn@gjcmh.org](mailto:dawn@gjcmh.org) or 303-929-2830.

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## **Gentle Yoga**

Looking for a way to build strength, flexibility and balance? Searching for peace of mind? Join us for this introductory yoga class where we use physical poses, breath work and reflection to bring our mind and body into union.

**Ages 15 and older**  
**\$5 per class • Medicaid - Free**

**Tuesday, 12:30 - 1:30 p.m.**  
June 5, 12, 19, 26  
July 3, 10, 17, 24, 31

***Dawn Marie Gillespie, LSW, RYT***  
**Evergreen Mountain Office**



### ***Class Locations:***

**Evergreen Mountain Office**  
31207 Keats Way, #202

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3721 N. Evergreen Parkway, Suite 6

## **Walk It Off!**

Join the fun of walking outside in a group. Come do some easy walks in the sunshine around the Elk Meadow Open Space (Meet Up at the Evergreen Office) to get the blood flowing and boost your mood.  
***Weather Permitting.***

**Ages 15 and older**  
**\$5 per class • Medicaid - Free**

**Wednesday, 11:00 a.m. - 12:00 p.m.**  
June 6, 13, 20, 27  
July 11, 18, 25

## **Wellness Coaching**

The health coach program at Jefferson Center provides health education for improvement of overall wellness by assisting in developing personalized health plans. Coaches meet one on one with individuals to create customized health plans tailored to the individual's and family's lifestyle. Health goals may include topics such as managing blood pressure, diet/nutrition, exercise, tobacco cessation/reduction and stress management. With 12 convenient sessions in person and over the phone, we will help you set goals and reach them! The health coaches also facilitate groups on the topics of nutrition and Self-Coaching.

***Eat Healthier • Lose Weight •  
Get Active • Lower Your Stress •  
Manage Your Blood Pressure***

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