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, meditation, 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.

**Tuesday, 11:00 a.m. to 12:00 p.m.**
October 1, 8, 15, 22
November 5, 12, 26
December 3, 10, 31

*Jovahna Pena, MA*
*Independence*

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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 p.m. to 2:00 p.m.**
October 3, 10, 17, 24,
November 7, 14, 21
December 5, 12, 19

*Jovahna Pena, MA*
*Union Square*

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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 hurt from the past and move toward acceptance and forgiveness.

**Tuesday, 1:00 p.m. to 2:00 p.m.**
October 22, 29
November 5, 12, 19, 26

*Sarah Sheets, LPC, RYT*
*Union Square*

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Healing the Whole Self
Trauma impacts each of us differently. Do you experience difficulty with concentration, anxiety, shame, sadness, feeling disconnected or numb? In this five-week class you can learn the unique way that trauma impacts you and new skills that will support you in your healing.

**Wednesday, 1:00 p.m. to 2:00 p.m.**
November 6, 13, 20, 27

*Jovahna Pena, MA*
*Union Square*
Letting Go of Anger
Everyone gets angry, but sometimes the behavior we engage in when we feel angry can get us in trouble. If you’ve tried to control anger before with little success, this class can help. Using concepts from Acceptance & Commitment Therapy, you will learn techniques to help you let go of your anger and begin living life to the fullest.

Wednesday, 2:00 p.m. to 3:00 p.m.
October 2, 9, 16, 23

Sarah Sheets, LPC, RYT
West Colfax

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 join at any time.

Monday, 10:15 a.m. to 11:15 a.m.
October 7, 14, 21, 28
November 4, 11, 18, 25
December 2, 9, 16, 30

Sarah Sheets, LPC, RYT
Union Square

Restorative Yoga
Are you new to yoga or hoping to deepen your practice? Learn how to use breath work, yoga poses and meditation to help relax, realign and reinvigorate your body, mind and spirit.

Wednesday, 1:00 p.m. to 2:00 p.m.
October 2, 9, 16, 23, 30

Jovahna Pena, MA
Union Square

Meditation 101
Interested in learning how to meditate? Do you know how to meditate and are you looking for a community with which to practice? Come learn and practice the skill of sitting meditation. Potential benefits include reduced stress and learning to be in the present moment.

Monday, 1:00 p.m. to 2:00 p.m.
December 2, 9, 16, 23

Jovahna Pena, MA
Union Square

Boosting Self-Esteem
How you think and feel about yourself impacts how you live your life, the choices you make, and how you relate to other people. This class will give you the tools to celebrate your strengths, be kind to yourself, and treat yourself with respect.

Wednesday, 2:00 p.m. to 3:00 p.m.
December 4, 11, 18

Sarah Sheets, LPC, RYT
West Colfax

CLASS LOCATIONS

Union Square | 12055 W. 2nd Place, Lakewood  •  West Colfax | 9485 W. Colfax Ave., Lakewood
Independence | 4851 Independence St., Wheat Ridge
<table>
<thead>
<tr>
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- **WC** West Colfax 9485 W. Colfax Ave., Lakewood

**Wellness Services at Jefferson Center**

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!

**Take a Class**

Each quarter, we offer a variety of rotating wellness classes to meet your needs. Topics 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, exercising regularly, reducing or quitting tobacco use and managing stress levels. For more information or to get started today, call 303-425-0300.

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