

# Spring Into a HEALTHIER YOU

Jefferson  
Center  
— With you in mind —

Evergreen Wellness  
Classes

## Adaptive Yoga

Join us for this introductory yoga class where we use gentle physical poses, breath work and reflection to bring our mind and body into union. Adaptive yoga is practiced sitting on a chair or standing using a chair for support. Yoga can improve mobility, strength and balance.

**Mondays, 10:00 a.m. to 11:00 a.m.**

April 1, 8, 15, 22, 29

May 6, 13

June 3, 10, 17, 24

**Green Ridge Meadows Apartments**

## Gentle Yoga

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

**Wednesdays, 11:30 a.m. - 12:30 p.m.**

April 3, 10, 17, 24

May 1, 8, 15, 22, 29

June 5, 12, 19, 26

**Jefferson Center—Evergreen Office**

### Fee Schedule for All Classes/Coaching:

- All services for Ages 15 and older
- Classes: \$5 per class or Free with Medicaid
- Coaching: \$35 per session or Free with

## 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.

**Mondays, 1:00 p.m. - 2:00 p.m.**

April 1, 8, 15, 22, 29

May 6, 13

June 3, 10, 17, 24

**Jefferson Center—Evergreen Office**

## Restorative Yoga for Chronic Pain

Do you struggle with pain? Does stress make your symptoms worse? This rest based yoga will help you connect with relaxation and may release stress, promote repair, lessen inflammation, alleviate the intensity and create a better quality of life.

**Wednesdays, 8:15 a.m. - 9:15 a.m.**

April 3, 17

May 1, 15, 29

June 5, 19

**Gilpin Public Health**

### Class Locations:

**Evergreen Mountain Office**

31207 Keats Way, #202

**Green Ridge Meadows Apartments**

31250 John Wallace Rd #108

**Gilpin Public Health**

101 Norton Drive

**WALK-INS WELCOME!**

For more information about these classes and/or coaching;  
please contact Dawn Marie Gillespie at [dawng@jcmh.org](mailto:dawng@jcmh.org) or 303-929-2830.

