Have you ever asked yourself: what is wellness? Wellness can mean something different to everyone, but it is taking care of all of you. If you are ready to learn more about how wellness fits into every area of life, sign up today for one of Jefferson Center’s Wellness Classes.

Busy schedule? Not to worry! There are options for both in-person and virtual attendance to Jefferson Center clients and community members. Registration is not required, but if you are joining via Zoom, email wellnessnow@jcmh.org with the class(es) you are interested in to receive the Zoom link from the instructor.

Classes are free for Medicaid and $10/class for commercial insurance, Medicare and self-pay.

### Orientation to Wellness
Are you new to Jefferson Center? Or a current client who’s interested in wellness services? Have you just finished your intake and want additional support? Join us on each Monday at 10am at our Independence location or virtually for an hour-long class that features samples of a nutrition-focused class, mindfulness and yoga! This class is an opportunity to learn more about wellness and is not intended to be a class you attend weekly.

**Mondays, 10:00-11:00 AM**  
Location: Independence and Zoom  
October 3, 10, 17, 24, 31; November 7, 14, 21, 28; December 5, 12, 19 (NO CLASS Dec 26)  
Stephanie Herrera, MA, NBC-HWC

### Building Better Boundaries
Whether it’s in our work or in personal relationships, healthy boundaries are an important part of self-care. Without healthy boundaries, we can feel drained, taken advantage of, or even stuck. This class offers further information on the value of boundaries and will offer tips and techniques on forming, strengthening, and maintaining healthy boundaries in our everyday lives.

**Mondays, 2:00-2:45 PM**  
Location: Independence and Zoom  
October 3, 10, 17, 24, 31, November 7  
Stephanie Herrera, MA, NBC-HWC

### Happy Holidays! How to Alleviate Holiday Stress
Although the holiday season can be fun and cheerful, a lot of us also struggle with stress management during this time of year. With the dynamics of seeing family, the possible financial burden, difficult conversations and communication, and the strain on our usual healthy routines (eating well, exercising, etc.) it can be overwhelming and lead to experiencing a higher level of stress. This class offers a variety of tips and techniques to help manage stress during this season.

**Mondays, 2:00-2:45 PM**  
Location: Independence and Zoom  
November 14, 21, 28, December 5, 12, 19  
Stephanie Herrera, MA, NBC-HWC

### Creating a Morning Routine
Feeling stuck or unmotivated to get out of bed in the morning? Creating a morning routine for yourself is essential to a successful life. Waking up earlier than usual will give you ample time to focus on your goals and conquer the day with more energy, mindfulness, and strength. Join us to learn tips and tricks to a positive, productive morning routine.

**Tuesdays, 10:00-10:45 AM**  
Location: Independence and Zoom  
October 4, 11, 18, 25 and November 1, 8, 15  
Brooke Battaglin, BS, Certified Nutrition Coach

### Eat to Overcome Depression and Anxiety
Depression and anxiety disorders are rising, many rely on medications to alleviate symptoms, but often this is not enough. Join us in discussing what foods positively affect brain health and improve mental wellness. This class will be based on the book, Eat to Beat Depression and Anxiety, by Nutritional Psychiatrist, Dr. Drew Ramsey; and is meant to empower you to practice choosing healthy eating habits.

**Tuesdays, 10:00-10:45 AM**  
Location: Independence and Zoom  
November 22, 29 and Dec 6, 13, 20, 27  
Brooke Battaglin, BS, Certified Nutrition Coach

www.jcmh.org/wellness | 303-425-0300
**Gentle Yoga for Stress Relief**
Looking for a way to build strength, flexibility, and balance – both physically and mentally? Searching for peace within? Join us for this gentle yoga class where we will use physical poses, breathwork and reflection to bring our mind and body into union.

**Mindfulness for Your Everyday Life**
Mindfulness is the practice of being fully present, aware, and connected to our lives in a compassionate manner. It is based on an ancient practice to cultivate peace of mind and reduce mental chatter. Research now shows how beneficial and healing the practice of mindfulness is in our lives. Join us to learn and practice techniques you can use daily to better cope with whatever life brings. All experience levels are welcome!

**Writing for Wellness**
Writing can help boost creativity, increase self-esteem, improve your mood by releasing and processing emotions + many more benefits. In this 6 week series, every class will have 2 writing exercises along with time to share and express your work if you feel called. Try something new and see how writing can benefit your mental health!

**Connecting Mind and Body for Total Wellness**
Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions to reverse, heal and prevent disease. Lifestyle medicine emphasizes the importance of disease prevention by creating lifestyle habits, mindsets and daily activities that support overall health and wellness. Join us in this 6-week psychoeducational class where every week we dive into 1 pillar of lifestyle medicine and learn how to create personalized holistic health goals to support and nourish that area of your life.

**Giving Yourself Grace and Space**
Sometimes we all need a little extra grace in our mistakes and space to truly grow, aka: compassion. Having self-compassion means that you offer the same understanding and kindness to yourself, as you do to others when they fail or make mistakes, rather than judging them harshly. This class will teach you how to defeat your challenges that get in the way of loving yourself and how to be kinder to yourself.

**Creating Calm in Chaos**
We all get stressed out. With the hassles of everyday life, it’s easy for a bad day to take a downward spiral. From relationship pressures, to work frustrations, to the changes of mood, we could all use some effective ways to calm ourselves in the midst of it all. Join us to learn how to create calmness in your life.

**Schedules**
- **Wednesdays, 11-11:45 AM**
  Location: Union Square and Zoom
  Oct 5, 12, 19, 26; Nov 2, 9, 16, 23, 30; Dec 7, 14, 21, 28
  Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt

- **Thursdays, 12:00-12:45 PM**
  Location: Independence and Zoom
  October 6, 13, 20, 27; November 3, 10, 17; December 1, 8, 15, 22, 29
  Stephanie Herrera, MA, NBC-HWC

- **Thursdays, 4-4:45 PM**
  Location: Union Square or Zoom
  October 6, 13, 20, 27; November 3, 10
  Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt

- **Fridays, 12:00-12:45 PM**
  Location: Zoom ONLY
  October 7, 14, 21, 28 and November 4, 11
  Brooke Battaglin, BS, Certified Nutrition Coach

- **Fridays, 12:00-12:45 PM**
  Location: Zoom ONLY
  November 18 and December 2, 9, 16, and 30
  Brooke Battaglin, BS, Certified Nutrition Coach