



# WELLNESS SERVICES

- at -

Jefferson  
Center

— With you in mind —

**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](mailto: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.**

## Wellness Classes | January | February | March

### Welcome 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 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  
January 9, 23, 30; February 6, 13, 20, 27;  
March 6, 13, 20, 27 (NO CLASS JAN 16)  
*Stephanie Herrera, MA, NBC-HWC*

### Sleep more Soundly ... Wake up Refreshed

Did you know sleep is considered essential for a person's health and wellbeing? It's one of the pillars Lifestyle Medicine Wellness services are based upon! It allows your body and mind to recharge and heal itself. But in today's world filled with stress and a never-ending to-do list, getting a quality night's sleep can be difficult. Join this class to learn tips and techniques for achieving a good night's sleep to better improve your overall wellness!

Mondays, 2:00 – 2:45 PM  
Location: Independence and Zoom  
January 9, 23, 30; February 6, 13  
(NO CLASS JAN 16)  
*Stephanie Herrera, MA, NBC-HWC*

### Financial Fitness 101

Like physical health, financial health is important for leading a happy and successful life. Whether you're paying down debt, saving money for a house or trying to make ends meet each month, this class is for you. Financial stress is very common. In the non-stop pace of today's world, it can be difficult to maintain healthy finances and a helpful budget. Learn the basics of establishing a budget and how to set reasonable financial goals; all of which will lead to better overall health and wellness.

Mondays, 2:00 – 2:45 PM  
Location: Independence and Zoom  
February 20, 27; March 6, 13, 20, 27  
*Stephanie Herrera, MA, NBC-HWC*

### Living A Healthier Life with Chronic Pain

Chronic pain can make the simplest tasks painful and difficult for so many people. This can be not only frustrating, but also overwhelming. If you experience chronic pain – you are not alone! Join us to learn various tips and strategies to manage your chronic pain. Our goal is to empower you with tools to enjoy life beyond chronic pain.

Tuesdays, 10:00 – 10:45 AM  
Location: Independence and Zoom  
January 3, 10, 17, 24, 31; February 7, 14, 21, 28;  
March 7, 14, 21, 28  
*Brooke Battaglin, BS, Certified Nutrition Coach*

### Finding Balance and Strength Within

Yoga has been scientifically shown to improve flexibility, strength & balance, reduce pain, reduce stress, and increase feelings of calm and peace in your body and mind. Yoga connects breath to movement, creating space to experience different feelings that arise from within. Learn how to use your breath as your biggest tool by moving and breathing with our class! All levels welcome.

Wednesdays, 12:00 – 12:45 PM  
Location: Union Square and Zoom  
January 4, 11, 18, 25; February 1, 15, 22;  
March 1, 8, 15, 22, 29 (NO CLASS Feb 8)  
*Amy Longe, BS, Certified Integrative  
Nutrition Health Coach, RYT, CHT*

## Balance Your Energy Centers

Join us in this eight-week class on the chakra energy system. This class introduces the seven chakras and dives deeper into their function, how they show up in life, signs to notice if they are blocked, and ways to bring your energy into balance. Emphasis is placed on how thoughts, beliefs and emotions play a large role in our energy centers and how self-awareness is the first step towards making lasting change.

Wednesdays, 3:00 – 3:45 PM

Location: Union Square and Zoom  
January 4, 11, 18, 25; February 1, 15, 22;  
March 1 (NO CLASS FEB 8)

*Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt*

## Simple Changes for Healthier Habits

Have your new year's resolutions been successful or have you fallen slightly off the path toward your goal? If you are not where you want to be, know you are not alone! Join us in this four-week class where we learn how to embrace change and decrease the overwhelming feelings around it. Classes will be filled with tips, strategies, and reflection time to add small sustainable changes into your life!

Wednesdays, 3:00 – 3:45 PM

Location: Union Square and Zoom  
March 8, 15, 22, 29

*Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt*

## Be Here Now

Mindfulness is an awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and nonjudgmentally. Mindfulness has been shown to reduce stress and anxiety, increase happiness, and even improve sleep! Join us for this class where we look for ways to add mindfulness into our everyday lives, focusing on one moment at a time.

Thursdays, 12:00 – 12:45 PM

Location: Independence and Zoom  
January 5, 12, 19, 26; February 2, 9, 16, 23;  
March 2, 9, 16, 23, 30

*Stephanie Herrera, MA, NBC-HWC*

## Building Better Boundaries

Healthy boundaries are an important part of self-care in every aspect of life. Without healthy boundaries, we can feel drained, taken advantage of, stuck or disappointed. This class offers further information on the value of boundaries and how they show up in multiple areas of life. We will offer tips and techniques on forming, strengthening and maintaining healthy boundaries in our everyday lives to feel more empowered and respected.

Thursdays, 4:00 – 4:45 PM

Location: Union Square and Zoom  
January 5, 19, 26; February 2, 9  
(NO CLASS JAN 12)

*Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt*

## Eat to Beat Depression and Anxiety

Depression and anxiety disorders are skyrocketing around the world. Many rely on medications to alleviate symptoms, but often this is not enough. Join us in learning the hidden connection of food and mental health, what foods positively affect brain health and improve mental wellbeing. 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, one bite at a time.

Thursdays, 4:00 – 4:45 PM

Location: Union Square and Zoom  
Feb 16, 23; Mar 2, 9, 16, 23, 30

*Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt*

NEW!

## NEW CLASS: Stress Busters for Kids and Teens

This new class, offered for those ages 10-17, will look at ways to help kids and teens manage the stress of their everyday lives. Things like schoolwork, troubles with friends, sports and extracurricular activities, sleep and more can make kids and teens feel overwhelmed with what's going on around them. This eleven-week class will focus on a variety of topics, such as: how healthy eating and movement play a part in handling stress, with several coping strategies to use daily or in a moment of high stress.

Thursdays, 4:00 – 5:00 PM

Location: Independence and Zoom  
January 19, 26; February 2, 9, 16, 23;  
March 2, 9, 16, 23, 30

*Stephanie Herrera, MA, NBC-HWC*

## Allowing Yourself Grace and Space

Having compassion means that you offer understanding and kindness to others when they fail or make mistakes, rather than judging them harshly. Self-compassion involves acting the same way toward yourself when you are having a difficult time, fail or notice something you don't like about yourself. This seven-week class will teach you how to turn compassion inward and we will practice exercises to learn how to be kinder to yourself.

Fridays, 12:00 – 12:45 PM

Location: Zoom ONLY

January 6, 13, 20, 27; February 3, 10, 17

*Brooke Battaglin, BS, Certified Nutrition Coach*

## Writing for Wellness

Writing is a wonderful form of self-care and can bring a greater sense of healing, emotional freedom and connection to yourself. This six-week class allows you to explore and express your inner world of thoughts and feelings by using free flow writing, reflection, creative expression, and prompts. Each week we will focus on a new topic to express your thoughts and have time to share your writing and listen to others in a supportive way.

Fridays, 12:00 – 12:45 PM

Location: Zoom ONLY

February 24; March 3, 10, 17, 24, 31

*Brooke Battaglin, BS, Certified Nutrition Coach*