



# WELLNESS SERVICES

- at -  
**Jefferson Center**  
— With you in mind —

## April, May, and June Wellness Classes

**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.

**If you speak a language other than English,** language assistance services are available to assist you in your preferred language free of charge. If you need language assistance services, please email [wellnessnow@jcmh.org](mailto:wellnessnow@jcmh.org) at least 48 hours ahead of your class to arrange interpretation.

### Stretching and Mobility

As physical well-being affects mental well-being, it's important to schedule time in our week to engage in intentional movement. This 8-week class is a great beginner's program to start building a solid foundation for strength and mobility, as these help our bodies move more efficiently and effectively as we age. The focus will be on simple, basic movements that help strengthen joints, deepen flexibility, and increase overall mental wellbeing, with no equipment needed.

### Walking for Wellness

Continue building your movement practice and connect with others as we enjoy walking outside around Union Square Park! This will be a 4-week class to move your body, enjoy the fresh morning air, as well as build new friendships and connections. We will meet in the lobby at Union Square (12055 W 2nd Place, Lakewood, CO 80401) then walk together across the street to our walking path.

### Lifestyle Medicine & Self- Coaching

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 7-week psychoeducational class where every week we dive into one pillar of lifestyle medicine and learn how to create personalized holistic health goals to support and nourish that area of your life.

### 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 6-week class will offer a safe space for 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.

### Stress Busters for Kids and Teens: Nutrition and Movement

This 4-week class series is designed to help kids and teens (ages 10-17) manage their stress by learning healthier lifestyle modifications through nutrition and movement.

### Stress Busters for Kids and Teens: Mindfulness 101

Research has repeatedly shown how beneficial and healing the practice of mindfulness can be, especially in managing stress. This 4-week class series is designed to teach mindfulness tips and techniques specifically geared toward kids and teens (ages 10-17).

### Stress Busters for Kids and Teens: Improve Your Sleep

This 4-week class series is designed to help kids and teens (ages 10-17) improve their sleep hygiene, which will help manage their overall stress. Getting quality sleep is so important for everyday functioning, especially in kids and adolescents.

Medicaid:  
Enjoy free wellness classes!

For other insurance:  
Email  
[wellnessnow@jcmh.org](mailto:wellnessnow@jcmh.org)  
for costs.

*We're here for your  
wellness journey!*

Mondays, 9:00 - 10:00 AM  
Location: Union Square and Zoom  
April 1, 8, 15, 22, 29; May 6, 13, 20  
*Stephanie Herrera, MA, NBC-HWC*

Mondays, 9:00 - 10:00 AM  
Location: Union Square  
June 3, 10, 17, 24  
*Stephanie Herrera, MA, NBC-HWC*

Mondays, 2:00 - 3:00 PM  
Location: Zoom ONLY  
April 1, 8, 15, 22, 29; May 6, 13  
*Amy Longe, BS, Certified Integrative  
Nutrition Health Coach, RYT, CHT*

Mondays, 2:00 - 3:00 PM  
Location: Zoom ONLY  
May 20; June 3, 10, 17, 24  
(NO CLASS MAY 27)  
*Amy Longe, BS, Certified Integrative  
Nutrition Health Coach, RYT, CHT*

Mondays, 4:30 - 5:30 PM  
Location: Union Square and Zoom  
April 1, 8, 15, 22  
*Stephanie Herrera, MA, NBC-HWC*

Mondays, 4:30 - 5:30 PM  
Location: Union Square and Zoom  
April 29; May 6, 13, 20  
*Stephanie Herrera, MA, NBC-HWC*

Mondays, 4:30 - 5:30 PM  
Location: Union Square and Zoom  
June 3, 10, 17, 24  
*Stephanie Herrera, MA, NBC-HWC*

### Meal Planning and Food Prep Basics

Do you struggle to find something to eat, even when you just went grocery shopping? Do you find yourself throwing away food before you're able to eat it? We've all been there! Join this class to learn tips and tricks to meal plan and prep food for the week to minimize food and money waste!

Tuesdays, 10:00 - 11:00 AM  
Location: Independence and Zoom  
April 2, 9, 16, 23, 30  
*Brooke Battaglin, BS, Certified Nutrition Coach*

### Self-Care through the 8-Dimensions of Wellness

Caring for yourself is so important for your well-being. Join us in this 7-week class to learn different self-care techniques and ways to prioritize them so you can be your best and healthiest self!

Tuesdays, 10:00 - 11:00 AM  
Location: Independence and Zoom  
May 7, 14, 21, 28; June 4, 11, 18  
*Brooke Battaglin, BS, Certified Nutrition Coach*

### Motivating Morning Routines

The way we start our mornings can set the tone for the rest of the day. Creating an energizing morning routine will help you maintain that momentum and have you feeling like you can conquer the day and your goals with more presence and strength. Join this 7-week class to learn tips and tricks for a positive, fulfilling, and productive morning routine.

Wednesdays, 9:00 - 10:00 AM  
Location: Union Square and Zoom  
April 3, 10, 17, 24; May 1, 8, 15  
*Stephanie Herrera, MA, NBC-HWC*

### Supporting a Healthy Body Image

Having a positive, healthy body image can support mental and physical health in numerous ways; increasing confidence, self-esteem, and self-acceptance. Join this 6-week series that focuses on the importance of body positivity by learning about how to listen to your body and appreciate it for all it does.

Wednesdays, 9:00 - 10:00 AM  
Location: Union Square and Zoom  
May 22, 29; June 5, 12, 19, 26  
*Stephanie Herrera, MA, NBC-HWC*

### Nutrition and Your Relationship with Food

Join us to focus on the fundamentals of all things: nutrition and healthy, mindful eating! In this 12-week class we will learn tips and tricks to healthy eating habits, your relationship with food, and the benefits of nutritious foods to the brain and body. Being an intuitive eater is just as important as the foods you eat!

Wednesdays, 10:00 - 11:00 AM  
Location: Independence and Zoom  
April 3, 10, 17, 24; May 1, 8, 15, 22, 29; June 5, 12, 19  
*Brooke Battaglin, BS, Certified Nutrition Coach*

### Balance Your Energy Centers

Join us in this 8-week psychoeducational class on the Chakra energy system. This class introduces the seven energy centers; what their function/purpose is, how they show up in your life, signs if they are open/blocked, and ways to bring balance to them. Learning about your chakras can give you a greater holistic understanding of the connection between our physical, emotional, mental, and energetic body.

Wednesdays, 11:00 AM - 12:00 PM  
Location: Evergreen and Zoom  
April 3, 10, 17, 24; May 1, 8, 15, 22  
*Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt*

### Explore Your Creative Outlets

What is your relationship to your creativity? Is it something that feels distant from your life? Or something you prioritize? Wherever you are at, creativity is something alive within all of us, waiting to be expressed. This 5-week expressive arts class will be a wonderful way to prioritize and explore creativity as we experience different mediums of expression. Topics will include writing, vision boarding, music, and coloring. Let's get those creative juices flowing!

Wednesdays 11:00 AM - 12:00 PM  
Location: Evergreen and Zoom  
May 29; June 5, 12, 19, 26  
*Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt*

### Gentle Yoga for a Stronger You

Looking for a way to build strength, flexibility, and balance – both physically and mentally? Searching for emotional peace of mind? Join us in this 12-week gentle yoga class where we will use physical poses, breathwork, and reflection to bring our mind and body into union. See how much your body and mind can change for the better.

Thursdays, 12:00 - 1:00 PM  
Location: Union Square and Zoom  
April 4, 11, 18, 25; May 2, 9, 16, 23, 30; June 6, 13, 20, 27  
*Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt*

### Writing Your Way to Wellbeing

Writing can help boost creativity, increase self-esteem, improve your mood, plus many more benefits. In this 7-week series, every class will have writing exercises, prompts and activities 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 and overall wellbeing!

Fridays, 11:00 AM - 12:00 PM  
Location: Zoom Only  
April 5, 12, 19, 26; May 3, 10, and 17  
*Brooke Battaglin, BS, Certified Nutrition Coach*

### Compassion Starts with You

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 5-week class will teach you how to turn compassion inward and we will practice exercises to learn how to be kinder to yourself.

Fridays, 11:00 AM - 12:00 PM  
Location: Zoom Only  
May 24, 31; June 7, 14, and 21  
*Brooke Battaglin, BS, Certified Nutrition Coach*

