

July, August, and September 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. Clients ages 14+ are welcome.

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.

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 at least 48 hours ahead of your class to arrange interpretation.

Learning to be Tobacco Free

Are you ready to begin your journey of quitting tobacco? Or just learn what it might be like to decrease your tobacco use? Regardless of your readiness level, come to this 6-week class to learn information, skills, and strategies that can be used to build a healthy lifestyle and stop tobacco use. Based on DIMENSIONS: Tobacco Free Program, discover and discuss evidence-based interventions to help you reach your tobacco-free goal.

Yoga For Movement and Self-Care

The physical practice of yoga has been scientifically proven to enhance flexibility, strength, and balance; reduce pain and stress; and promote a sense of calm and peace in both body and mind. Its power lies in the connection of breath to movement, creating a safe space to explore the sensations and emotions that naturally arise. Many people report feeling less anxiety and greater mental peace. Come experience it for yourself and discover what's possible.

Self-Care Through 12 Areas of Life

Taking care of yourself is essential for your mental, physical, and emotional health. Many of us are used to putting others first, but the truth is—you can't pour from an empty cup. When you care for yourself, you're better able to show up for the people and responsibilities in your life. This class explores 12 key areas that impact your overall well-being. Self-care isn't just about eating healthy or staying active—it includes how you manage stress, connect with others, rest, and more. You'll be invited to reflect on each area and discover small, meaningful ways to create positive change in your life through a holistic lens.

Compassion Starts with You

Compassion means offering understanding and kindness to others when they struggle or make mistakes, instead of judging them. Self-compassion is about doing the same for yourself—treating yourself with care when you're going through a hard time, feeling like you've failed, or noticing things you don't like about yourself. In this 8-week class, you'll learn how to turn that compassion inward. Through simple practices and guided exercises, you'll explore how to be gentler with yourself and build a more supportive inner voice.

Pillars of Lifestyle Medicine

Lifestyle medicine is all about using everyday habits to feel better, prevent illness, and improve your overall well-being. It focuses on things like how you eat, move, sleep, manage stress, and connect with others. In this 5-week class, you'll explore simple, healthy changes you can make in your daily life. You'll set personal goals and learn how to care for your body and mind in a way that feels realistic and supportive.

Dialectical Behavior Therapy (DBT) and Goal Setting

DBT is a therapeutic treatment used to help regulate emotions and improve relationships. Join this 7-week class to hear the basics about DBT; a combination of learning and exploring the skills within DBT, and setting and reviewing personal goals in relation to these key skills. *Please note: this is a psychoeducational class as opposed to a typical process group.

Free for those with Medicaid.
For those with other
insurances, please email
wellnessnow@jcmh.org

We're here for your wellness
journey!

Mondays, 11:00 AM-12:00 PM

Location: N Wads and Zoom
Session 1: July 7, 14, 21, 28; August 4, 11
Session 2: August 18, 25; September 8,
15, 22, 29
Stephanie Herrera, MA, NBC-HWC

Mondays, 12:00 PM-1:00 PM

Location: Union Square and Zoom
July 7, 14, 21, 28; August 4, 11, 18,
25; Sept 8, 15, 22, 29
(no class Sept 1)
Amy Longe, BS, NBC-HWC, RYT, CHT

Mondays, 3:30 PM-4:30 PM

Location: Solid Ground (7272 W 14th
Ave, Lakewood, CO 80214) & Zoom
August 11, 18, 25;
September 8, 15, 22, 29
(no class Sept 1)
Amy Longe, BS, NBC-HWC, RYT, CHT

Tuesdays, 10:00 AM- 11:00 AM

Location: Independence and Zoom
Dates: July 1, 8, 15, 22, 29;
August 5, 12, 19
Brooke Battaglin, BS, Certified
Nutrition Coach

Tuesdays, 10:00 AM- 11:00 AM

Location: Solid Ground (7272 W 14th
Ave, Lakewood, CO 80214) & Zoom
Dates: September 2, 9, 16, 23, 30
Brooke Battaglin, BS,
Certified Nutrition Coach

Tuesdays, 1:00 PM-2:00 PM

Location: Zoom only
July 1, 8, 15, 22, 29; August 5, 12
Stephanie Herrera, MA, NBC-HWC

Organization for Physical and Emotional Well-Being

Decluttering and organizing your space can improve your health more than you might think! Being organized helps reduce stress, boost productivity, and even supports better eating and sleep habits. Join this class series to learn easy tips and practical ways to organize your home, your space, and your life!

Tuesdays, 1:00 PM-2:00 PM

Location: Zoom only
August 19, 26;
September 2, 9, 16, 23, 30
Stephanie Herrera, MA, NBC-HWC

Walking for Wellness

Join us each week for a refreshing walk around Union Square Park! It's a great way to stay active, enjoy the outdoors, and meet new people. We'll gather in the lobby at Union Square (12055 W 2nd Place, Lakewood, CO 80401), then head across the street together to start our walk. Come along and experience the joy of movement, fresh air, and friendly connections!
Two options! Join us for both!

Mondays, 3:30-4:30 PM

Location: Union Square Only
July 7, 14, 21, 28; August 4
Amy Longe, BS, NBC-HWC, RYT, CHT

Wednesdays, 10:00-11:00 AM

Location: Union Square Only
July 2, 9, 16, 23, 30; August 6, 13, 20, 27;
September 3, 10, 17, 24
Stephanie Herrera, MA, NBC-HWC

Transform Your Health with Group Coaching!

Join us for a transformative 6-week health coaching journey in a supportive group setting! Each participant will set a personal health and well-being goal, and together we will take small, meaningful steps toward achieving them. Throughout the program, we will explore various strategies to enhance mindset, maintain focus, and foster lasting change.

Wednesdays, 11:00 AM- 12:00 PM

Location: Independence and Zoom
Dates: Round 1 – July 9, 16, 23, 30;
August 6, 13
Round 2- August 20, 27;
September 3, 10, 17, 24
Brooke Battaglin, BS, Certified Nutrition Coach

Deep Stretch & Breath

This is a slow, calming yoga class that focuses on holding poses longer to help your muscles relax and release tension. It's ideal for anyone who struggles to slow down and wants a more restorative experience. We'll use props in most classes to support you in finding deeper stretches, along with breathing techniques that help your body soften and unwind. Think of this class as a peaceful, stretching meditation.

Wednesdays, 12:00 PM-1:00 PM

Location: Union Square & Zoom
July 2, 9, 16, 23, 30; Aug 6, 13, 20, 27,
September 3, 10, 17, 24
Amy Longe, BS, NBC-HWC, RYT, CHT

Welcoming Gratitude into Your Life

Studies reveal that practicing gratitude regularly benefits mental health in many powerful ways. This 5-week class offers practical guidance and techniques to help you develop a steady gratitude habit. Whether you're starting fresh or looking to strengthen your routine, you'll learn how to weave gratitude naturally into your everyday life for lasting positive effects.

Wednesdays, 3:00-4:00 PM

Location: Union Square & Zoom
August 27; September 3, 10, 17, 24
Stephanie Herrera, MA, NBC-HWC

Writing for Wellness

Writing is a meaningful way to care for yourself, helping you heal, find emotional freedom, and connect more deeply with your inner thoughts and feelings. This 8-week class offers a safe space to explore and express yourself through free writing, reflection, creative exercises, and prompts. Each week, we'll explore new topics to inspire your writing, and you'll have the chance to share your work and listen to others in a caring and supportive group.

Wednesdays, 3:00 PM-4:00 PM

Location: Solid Ground (7272 W 14th Ave, Lakewood, CO 80214) & Zoom
July 2, 9, 16, 23, 30; August 6, 13, 20
Stephanie Herrera, MA, NBC-HWC

Gratitude Writing

Join this 7-week class dedicated entirely to the practice of gratitude writing. You'll learn how expressing gratitude can lower stress, increase positivity, and rewire your brain for happiness. Through guided writing exercises, you'll focus on appreciating the people, moments, and qualities that bring meaning to your life. You'll also celebrate your own achievements and growth. Come ready to explore gratitude as a powerful tool to boost your well-being and invite more joy into your daily life!

Thursdays, 11:00am – 12:00pm

Location: Zoom Only
Dates: July 3, 10, 17, 24, 31; August 7, 14
Brooke Battaglin, BS,
Certified Nutrition Coach

Creative Expression

Creativity lives within each of us, ready to be expressed in many forms. Whatever you're feeling, this 6-week expressive arts class is a chance to make creativity a priority and explore it through a variety of mediums. We'll dive into art, writing, photo boards, vision boards, music, art journaling, and more. Join us to unlock your creative energy and have fun bringing your ideas to life!

Thursdays, 11:00am – 12:00pm

Location: Zoom Only
Dates: August 21, 28;
September 4, 11, 18, 25
Brooke Battaglin, BS,
Certified Nutrition Coach



Cut Through the Rules: Easy Food Guidelines

With so much conflicting advice about food, diets, and what's truly healthy, it can be hard to know what to trust or how to eat confidently. This class is inspired by Michael Pollan's book *Food Rules: An Eater's Manual*, which offers simple, practical guidelines for eating well. We'll explore Pollan's easy-to-follow food rules, drawn from the wisdom of different cultures and traditions. Get ready to challenge old myths and empower yourself with fresh, straightforward ideas for better eating.

Thursdays, 2:00 PM-3:00 PM

Location: Zoom ONLY

July 3, 10, 17, 24, 31;

August 7, 14

Amy Longe, BS, NBC-HWC, RYT, CHt

Food and Mood: The Undeniable Connection

The link between what we eat and our mental and emotional well-being is becoming clearer every day. Did you know that 95% of serotonin—the neurotransmitter that influences mood, appetite, digestion, and sleep—is produced in the gut? Join us to explore how the quality and type of food you eat can impact your mental health. You'll learn simple, practical changes to support your physical, mental, and emotional well-being through nutrition.

Thursdays, 2:00 PM-3:00 PM

Location: Zoom ONLY

August 21, 28; September 4, 11, 18, 25

Amy Longe, BS, NBC-HWC, RYT, CHt

Summer Fun and Wellness

Summer is here—time to enjoy the sun and boost your well-being! In this 8-week class, we'll share tips and tricks to help you increase your movement, savor fresh, healthy produce, and connect with nature and others. Life is all about balance, and we'll explore the eight dimensions of wellness to support you through the summer season. Join us to feel energized, nourished, and connected all summer long!

Fridays, 11:00 AM – 12:00PM

Location: Zoom Only

Dates: July 11, 18, 25;

August 1, 8, 15, 22, 29

Brooke Battaglin, BS, Certified Nutrition Coach

Mindful Writing: Exploring Your Inner World

Writing can be a calming way to bring awareness and peace to your mind. This 4-week class focuses on using writing as a mindfulness practice to help you gently explore your thoughts and emotions. Through guided free writing, thoughtful prompts, and creative exercises, you'll learn to slow down and connect with your present experience. Each session offers time to quietly reflect on your writing, with optional sharing in a relaxed and supportive environment. This class is designed to help you cultivate calm and clarity through mindful expression.

Fridays, 11:00am – 12:00pm

Location: Zoom Only

Dates: September 5, 12, 19, 26

Brooke Battaglin, BS, Certified Nutrition Coach