



# WELLNESS SERVICES

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

## Wellness Classes

October

November

December

**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.

### Dialectical Behavior Therapy (DBT) and Goal Setting

DBT is a therapeutic treatment used to help regulate emotions and improve relationships. This twelve-week class will be 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.

Mondays, 12:00 – 12:45 PM  
Location: North Wadsworth and Zoom  
October 2, 9, 16, 23, 30; November 6, 13, 20, 27;  
December 4, 11, 18  
*Stephanie Herrera, MA, NBC-HWC*

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

This four-week class series is designed to help kids and teens (ages 10-17) manage their stress by learning various new lifestyle modifications through eating healthier and moving more.

Mondays, 4:00 – 5:00 PM  
Location: North Wadsworth and Zoom  
October 2, 9, 16, 23  
*Stephanie Herrera, MA, NBC-HWC*

### 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 four-week class series is designed to teach mindfulness tips and techniques specifically geared toward kids and teens (ages 10-17).

Mondays, 4:00 – 5:00 PM  
Location: North Wadsworth and Zoom  
October 30; November 6, 13, 20  
*Stephanie Herrera, MA, NBC-HWC*

### Stress Busters for Kids and Teens: Journaling for Stress

Journaling has shown to be an excellent coping strategy to manage stress in our everyday lives. This four-week class series helps kids and teens (ages 10-17) learn how to use this skill to not only combat stress, but to also increase self-esteem, improve mood, and process emotions.

Mondays, 4:00 – 5:00 PM  
Location: North Wadsworth and Zoom  
November 27; December 4, 11, 18  
*Stephanie Herrera, MA, NBC-HWC*

### Improve Your Sleep

Good, quality sleep is essential to emotional, mental, and physical well-being. Join this seven-session class to learn more about what exactly happens when we sleep, along with various tips and techniques to get a restful and beneficial night’s sleep!

Wednesdays, 9:00 – 9:45 AM  
Location: Union Square and Zoom  
October 4, 11, 18, 25; November 1, 8, 15  
*Stephanie Herrera, MA, NBC-HWC*

### The Power of Self-Compassion

Research has shown that nurturing yourself can set the stage for better health, relationships, and general well-being. Self-compassion has a variety of benefits, including lower levels of anxiety and depression. Join this six-session class to learn and discuss the importance of loving and caring for yourself!

Wednesdays, 9:00 – 9:45 AM  
Location: Union Square and Zoom  
November 22, 29; December 6, 13, 20, 27  
*Stephanie Herrera, MA, NBC-HWC*

### Nutrition 101

Join us to focus on the fundamentals of all things nutrition and healthy eating! In this thirteen-week class we will learn tips and tricks to healthy eating habits, meal planning and prepping, and the benefits of nutritious foods to the brain and body.

Wednesdays, 10:00 – 10:45 AM  
Location: Independence and Zoom  
October 4, 11, 18, 25, November 1, 8, 15, 22, 29;  
December 6, 13, 20, 27  
*Brooke Battaglin, BS, Certified Nutrition Coach*



## Self-Care & Emotional Wellbeing

Caring for yourself is one of the greatest things you can do for your mental, physical, and emotional wellbeing. Many of us have been taught the importance of being of service and taking care of others; but how well can we truly care for another if we are not caring for ourselves? You can only show up for others as much as you are showing up for yourself. Come learn different self-care techniques and ways to prioritize acting upon them to equip you to handle life's stressors with a little more grace.

Wednesdays, 11:00 – 11:45 AM

Location: Evergreen and Zoom

October 4, 11, 18, 25; Nov 1, 8, 15, 22, 29;  
Dec 6, 13, 20, 27

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

## Yoga for Enhancing the Mind-Body Connection

The physical practice of 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's power lies in connecting breath to movement, creating a safe space to experience different feelings/sensations that arise from within. Learn how to use your breath as your biggest tool & expand your body and your mind by moving and breathing with me!

Thursdays, 12:00 – 12:45 PM

Location: Union Square and Zoom

October 5, 12, 19, 26; Nov 2, 9, 16  
(no class Nov 23)

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

## Busting Through Old Beliefs

Beliefs are statements that our brain has accepted to be true, however, they are not inherently true. We cannot always believe everything our mind says due to this. Our beliefs impact our emotions, feelings, and actions and therefore, carry a heavy weight in our day-to-day reality. Join us to identify which old beliefs are holding you back as you tend to your mental garden and create new, supportive, and empowering beliefs, of the person you are today.

Thursdays, 12:00 – 12:45 PM

Location: Union Square and Zoom

November 30; December 7, 14, 21, 28

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

## Gratitude Writing

Connecting to gratitude is putting yourself in one of the highest vibrational states. Gratitude and appreciating the things you have can help you shift your perspective from one of "lack" to one of "abundance." This changes our default mind patterning of finding the negative by consciously shifting to finding the positive. The more things we can be grateful for in the present moment, the more things we find to be grateful for in our lives.

Fridays, 10:00 – 10:45 AM

Location: Zoom only

October 6, 13, 20, 27; November 3, 10

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

## Claim Your Life

Join us in this six-week class to learn how to find your purpose and passions. Each week we will cover different themes to design and claim your life, such as building off strengths, living aligned with your values, and connecting to the present moment.

Fridays, 11:00 – 11:45 AM

Location: Zoom Only

Dates: October 6, 13, 20, 27 and November 3, 10

*Brooke Battaglin, BS, Certified Nutrition Coach*

## Seasonal Wellness

The end of the year is approaching; the weather is getting cooler, the days are getting shorter, holidays and family gatherings are increasing, and for many, a sense of dread arrives as we are shifting away from the summer warmth and fun. In this class, we will learn tips and tricks to increase your overall wellness in the fall and winter months and how to navigate the holidays, so you can transition with greater ease.

Fridays, 10:00 – 10:45 AM

Location: Zoom only

November 17; December 1, 8, 15, 29

(no class Dec 22)

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

## Writing For Wellness

Writing is a wonderful form of mindfulness and can bring a greater sense of healing, emotional freedom, and connection to yourself. Join us to 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, 11:00 – 11:45 AM

Location: Zoom Only

Dates: November 17; December 1, 8, 15, 29

(no class Nov 24 or Dec 22)

*Brooke Battaglin, BS, Certified Nutrition Coach*

