



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 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 | April | May | June

Dialectical Behavior Therapy (DBT) and Goal Setting

DBT is a therapeutic treatment used to help regulate emotions and improve relationships. This 6-week class will begin by diving into the different sets of skills within DBT, and finish with goal-setting in relation to DBT. This class focuses on education and skill-building and is not group therapy.

Mondays 12:00-12:45 p.m.
Location: Independence and Zoom
April 3, 10, 17, 24; May 1, 8
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.

Mondays 12:00-12:45 p.m.
Location: Independence and Zoom
May 15, 22; June 5, 12, 19, 26
Stephanie Herrera, MA, NBC-HWC

Stress Busters for Kids and Teens

Things like schoolwork, trouble with friends, sports and extracurricular activities, sleep, and more can make kids and teens feel overwhelmed with what's going on around them. This class for those ages 10-17 will look at ways to help kids and teens manage the stress of their everyday lives. We will focus on learning a variety of coping strategies that can be used in the moment, such as deep breathing and meditation, and different lifestyle modifications, such as healthy eating and movement.

Mondays 4:00-5:00 p.m.
Location: Independence and Zoom
April 3, 10, 17, 24; May 1, 8, 15, 22;
June 5, 12, 19, 26
Stephanie Herrera, MA, NBC-HWC

Healthy Foods on the Go

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? Are you a busy parent trying to feed a family after endless activities and tasks? Join this class to learn tips and tricks to meal plan and prep food for the week to minimize food and money waste!

Tuesdays 10:00-10:45 a.m.
Location: Independence and Zoom
April 4, 18, 25; May 2, 9, 16
(NO CLASS APRIL 11)
Brooke Battaglin, BS, Certified Nutrition Coach

Plant-based Eating...It's Not Just for Vegans!

Spring is here and our crops are starting to bloom! With the costs of living increasing, it's even more important than ever to make your dollar stretch further at the supermarket. Join us to learn the basics of healthy eating on a budget. We'll cover ideas such as: adding more fresh fruits and vegetables to our daily eating and healthy swaps for pantry staples. How we eat affects all dimensions of our wellness, and this class touches on our financial, physical, and mental wellbeing!

Tuesdays 10:00-10:45 a.m.
Location: Independence and Zoom
May 23, 30; June 6, 13, 20, 27
Brooke Battaglin, BS, Certified Nutrition Coach

Spring Into Wellness!

Spring has sprung! A transition from slow, cold winter to refreshing, enlivening spring brings new and uplifting changes across the Earth. Harness this natural change process to be supported in the growth you want to have in your life. Join us in this 6-week class where we welcome the spring changes within our life and learn about eating seasonally, warmer weather movement, sun exposure, spring cleaning and more!

Wednesdays 11:00-11:45 a.m.
Location: Virtual ONLY
April 5, 19, 26; May 3, 10, 17
(NO CLASS APRIL 12)
*Amy Longe, BS, Certified Integrative
Nutrition Health Coach, RYT, CHT*

Magnetize Your Morning

The way we start our day sets the tone for what is to come. Scrolling first thing? Rushing? Snoozing excessively? That energy will stay with you throughout your day. Creating a morning routine for yourself is essential to a successful and aligned life. Waking up earlier than usual will give you ample time to focus on your goals and conquer the day with more energy, presence, and strength. Join us to learn tips and tricks for a positive, fulfilling, and productive morning routine.

Wednesdays 11:00-11:45 a.m.
Location: Virtual ONLY
May 24, 31; June 7, 14, 21, 28
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt

Self-Management Tools for Chronic Pain

Chronic pain can distract you from being fully present in life. It can make simple tasks overwhelming and frustrating. 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 self-management tools to enjoy life.

Wednesdays 2:00-2:45 p.m.
Location: Virtual ONLY
April 5, 19, 26; May 3, 10, 17, 24, 31;
June 7, 14, 21, 28
(NO CLASS APRIL 12)
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt

Strength and Stability: A Movement Class

As physical wellbeing affects mental wellbeing, it's important to schedule time in our week to engage in intentional movement. Within this movement, a useful strategy is to focus on strength and stability, as these concepts help our bodies move more efficiently and effectively as we age. Join this 6-week class that will concentrate on body weight moves and stretches that help strengthen joints, deepen flexibility, and increase overall mental wellbeing, with no equipment needed.

Thursdays 12:00-12:45 p.m.
Location: Independence and Zoom
April 6, 13, 20, 27; May 4, 11
Stephanie Herrera, MA, NBC-HWC

Walking Group

Continue building your movement practice and connect with others as we enjoy walking outside around Union Square Park! This will be a weekly space to move your body, enjoy the fresh spring 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. There is an opportunity for giveaways too— come join us and experience the benefits of movement, social connections, fresh air and more!

Thursdays 12:00-12:45 p.m.
Location: Union Square ONLY
May 18, 25; June 1, 8, 15, 22, 29
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt

Holistic Approaches to Wellbeing

There is great wisdom to be taken from the Eastern world's structures and ways of life. Eastern practices are vast and have become increasingly popular in America with more people looking for holistic, alternative, and complementary approaches to health. Eastern medicine views health as living in balance with your inner and outer world, allowing life force energy to move freely and easily in your body. Join us to learn about non-invasive and natural remedies like Ayurveda, yoga, energy healing, breathwork, meditation and more.

Thursdays 2:00-2:45 p.m.
Location: Union Square and Zoom
April 6, 13, 20, 27; May 4, 11
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt

Creative Writing for Emotional Wellbeing

The action and process of writing has been recognized as having mental and emotional health benefits. It is an amazing way to self-reflect and feel more connected to yourself and others. This 7-week class allows you to explore and express your thoughts and feelings by using a creative output of free writing and reflection within prompts. Each week 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.

Thursdays 2:00-2:45 p.m.
Location: Independence and Zoom
May 18, 25; June 1, 8, 15, 22, 29
Stephanie Herrera, MA, NBC-HWC

Living Your Values

Values and self-compassion are how we start living a meaningful life. A value is defined as a principle, standard, or quality considered inherently worthwhile or desirable. They are what motivate and fulfill you. Your "purpose" in life has a lot to do with what kind of impact you want to make in the world and the way you want to live. Self-compassion involves acting the same way towards yourself when you are having a difficult time, fail, or notice something you don't like about yourself. This 6-week class will teach you how to practice self-compassion through your individual values.

Fridays 12:00-12:45 p.m.
Location: Zoom Only
April 7, 14, 21, 28; May 5, 12
Brooke Battaglin, BS, Certified Nutrition Coach

The Mind-Body Connection

Physical health and emotional health are deeply connected and when we approach our health through this lens, we can optimize our health, happiness, and wellbeing. Since the mind and body are so interrelated, anything you do to help one side will have positive effects on the other. Join us to build on this powerful connection and to learn a variety of tools related to your lifestyle as well as daily practices you can start using today!

Fridays 12:00-12:45 p.m.
Location: Zoom Only
May 19, 26; June 2, 9, 16, 23
Brooke Battaglin, BS, Certified Nutrition Coach

