



WELLNESS SERVICES



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.

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.

Medicaid:
Enjoy free wellness classes!
For other insurance:
Email
wellnessnow@jcmh.org
for costs.
We're here for your
wellness journey!

Mindful Mondays

Mindfulness is the practice of being fully present, aware, and connected to our lives in a compassionate manner. It is based on an ancient practice to cultivate peace of mind and reduce mental chatter. Research now shows how beneficial and healing the practice of mindfulness is in our lives. Join this 5-week series to learn and practice techniques you can use daily to better cope with whatever life brings. All experience levels are welcome!

Mondays, 11:00 a.m. - 12:00 p.m.
Location: Union Square and Zoom
July 1, 8, 15, 22, 29
Stephanie Herrera, MA, NBC-HWC

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 8-week class to learn tips and tricks for a positive, fulfilling, and productive morning routine.

Mondays, 11:00 a.m. - 12:00 p.m.
Location: Union Square and Zoom
August 5, 12, 19, 26;
September 9, 16, 23, 30
Stephanie Herrera, MA, NBC-HWC

Improve Your Sleep

Did you know sleep is considered essential for a person's health and well-being? It's an important function that allows your body and mind to recharge, leaving you refreshed and alert when you wake. 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 6-week class to learn tips and techniques for achieving a good night's sleep to better improve your overall wellness!

Mondays, 4:00 - 5:00 p.m.
Location: Union Square and Zoom
July 1, 8, 15, 22, 29; August 5
Stephanie Herrera, MA, NBC-HWC

Nutrition 101

What we eat affects both our bodies and our minds. Join this 7-week class to understand the very basics of nutrition, including protein, healthy fats, and carbohydrates and how to include each for a well-rounded diet. You will also learn why each is important and hear tips and techniques for starting and maintaining a balanced, nutritious lifestyle.

Mondays, 4:00 - 5:00 p.m.
Location: Union Square and Zoom
August 12, 19, 26;
September 9, 16, 23, 30
Stephanie Herrera, MA, NBC-HWC

Walking for Wellness

Begin or continue to build your movement practice and connect with others as we enjoy walking outside around Union Square Park! This will be a 13-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.

Wednesdays, 9:00 - 10:00 a.m.
Location: Union Square
July 3, 10, 17, 24, 31;
August 7, 14, 21, 28;
September 4, 11, 18, 25
Stephanie Herrera, MA, NBC-HWC

An Introduction to Somatics

Trauma is a deeply disruptive experience for the mind and body that can affect every area of your life. Somatic comes from the root word, Soma, which means including the body. Research shows these disruptive experiences stay lodged in our cells and change the way we see ourselves and the world. It's pertinent that we explore modalities that involve the body in the healing process. Many of us live in a stressed-out state after trauma since the body does not feel safe. Learning somatic skills for regulating your nervous system can be highly effective in your healing journey. Join me as we learn and practice various somatic techniques to empower your life.

Wednesdays, 11:00 a.m. - 12:00 p.m.
Location: Evergreen and Zoom
July 3, 10, 17, 24, 31
Amy Longe, BS, Certified Integrative
Nutrition Health Coach, RYT, CHT



12 Dimensions of Self-Care & Well-being: A Wholistic View

Caring for yourself is one of the greatest things you can do for your mental, physical, and emotional well-being. 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. This class explores 12 different areas of life that contribute to your happiness and well-being. Self-care is not just the food you eat and movement you do. Gain a wholistic perspective into various areas of life with encouragement to explore how you can start nourishing these areas with action steps to create change.

Wednesdays, 11:00 a.m. - 12:00 p.m.
Location: Evergreen and Zoom
Aug 7, 14, 21, 28; Sept 4, 11, 18, 25
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt

Summer Fun and Wellness

Summer is here! In this 6-week class we will learn tips and tricks to increase your movement, enjoy healthy seasonal foods, and find connection with nature and people. Life is all about balance and we will focus on 8-dimensions of wellness in the season of summer.

Wednesdays, 5:00 - 6:00 p.m.
Location: Zoom Only
Dates: July 3, 10, 17, 24, 31; August 7
Brooke Battaglin, BS, Certified Nutrition Coach

Creating Change through Healthy Action Steps

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 class to learn how to create personalized holistic health goals to support and nourish that area of your life.

Wednesdays, 5:00 - 6:00 p.m.
Location: Zoom Only
Dates: August 14, 21, 28;
September 4, 11, 18, 25
Brooke Battaglin, BS, Certified Nutrition Coach

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 our breath to different movements, creating a safe space to experience different feelings/sensations that arise from within. Learn how to use your breath as your biggest tool and come experience the peace and comfort your body is craving.

Thursdays, 2:00 - 3:00 p.m.
Location: Union Square and Zoom
July 11, 18, 25; Aug 1, 8, 15, 22, 29;
Sept 5, 12, 19, 26
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt

Eastern Well-being

The Eastern world has been established far longer than the West, and there is great wisdom to be taken from their structures and ways of life. Eastern practices are vast and have become increasingly popular in America as more individuals are 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 different perspectives on health.

Thursdays, 5:30 - 6:30 p.m.
Location: Zoom Only
July 11, 18, 25; Aug 1, 8
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt

Intuitive Eating & Body Image

Join us in learning how every body is unique and how to have a positive mindset of your own self. We do not choose our body, but we can choose to accept it and how to relate to it lovingly. Mindful and intuitive eating helps us rebuild our relationship with our bodies and start trusting them again. Our bodies hold so much wisdom, but we must tune in and learn how it communicates with us. This class will teach you how to be more mindful with your food and how to start seeing your body in a different way which creates a more confident and loving version of you.

Thursdays, 5:30 - 6:30 p.m.
Location: Zoom Only
Aug 15, 22, 29; Sept 5, 12, 19, 26
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt

Writing Your Way to Well-being

Writing is a wonderful form of mindfulness and can bring a greater sense of healing, emotional freedom, and connection to yourself. Join us for seven weeks 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 am. - 12:00 p.m.
Location: Zoom Only
Dates: July 5, 12, 19, 26;
August 2, 9, 16
Brooke Battaglin, BS, Certified Nutrition Coach

Claim Your Life

Join us in this 6-week class to learn how to find your purpose and passion. Each week we will cover different themes to claim your life, such as building self-compassion, living aligned with your values, and connecting to the present moment.

Fridays, 11:00 a.m. - 12:00 p.m.
Location: Zoom Only
Dates: August 23, 30;
September 6, 13, 20, 27
Brooke Battaglin, BS, Certified Nutrition Coach

