

## January, February and March 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](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.

### Welcoming Gratitude in the New Year

Research has shown that practicing gratitude regularly is beneficial for our mental health in a variety of ways. Join this four-week class to learn different tips and techniques on how to bring a consistent habit of gratitude into your daily routine.

### Improve Your Sleep

Sleep is a vital part of maintaining your health and wellbeing. It allows your body and mind to recharge, helping you feel refreshed and alert upon waking. In today's busy, stressful world, getting a restful night's sleep can be challenging. Join this class to discover tips and techniques for improving your sleep and boosting your overall wellness!

### Yoga for Movement & Self-Care

Yoga has been shown to improve flexibility, strength, and balance, while reducing pain, stress, and anxiety. It helps create a sense of calm and peace in both the body and mind. By connecting breath with movement, yoga allows you to explore your feelings and sensations in a safe space. Many people find it brings more mental peace and less anxiety. Come try it for yourself and see what yoga can do for you.

### Goal-Setting and Self-Coaching

Motivate yourself to accomplish your goals! Understanding your values, barriers, and past successes is key to setting realistic and attainable goals. Join this six-week class to help you set specific goals, learn what truly motivates you, and assist you in making healthy lifestyle changes to improve your well-being!

### Self-Managing and Living with 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 this class to learn various tips and strategies to manage your chronic pain.

### Healthy Habits

Have your New Year's resolutions been going strong, or have you found yourself a bit off track? If you're not where you'd like to be, you're not alone! Join us for this six-week class, where we'll explore how to embrace change and reduce the stress it can bring. Each session will offer practical tips, strategies, and time for reflection to help you make small, lasting changes in your life.

Free for those with Medicaid.  
For those with other  
insurances, please email  
[wellnessnow@jcmh.org](mailto:wellnessnow@jcmh.org)

We're here for your wellness  
journey!

#### **Mondays, 11:00 AM-12:00 PM**

Location: North Wadsworth and Zoom  
January 6, 13, 27; February 3  
Stephanie Herrera, MA, NBC-HWC

#### **Mondays, 11:00 AM-12:00 PM**

Location: North Wadsworth and Zoom  
February 10, 17, 24; March 3, 10, 17, 24, 31  
Stephanie Herrera, MA, NBC-HWC

#### **Mondays 12:00 PM-1:00 PM**

Location: Union Square and Zoom  
January 6, 13, 27; Feb 3, 10, 17, 24; Mar 3, 10, 17, 24, 31 (No class January 20)  
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHT

#### **Tuesdays, 1:00-2:00 PM**

Location: Zoom Only  
January 7, 14, 21, 28; February 4, 11  
Stephanie Herrera, MA, NBC-HWC

#### **Tuesdays, 1:00-2:00 PM**

Location: Zoom Only  
February 18, 25; March 4, 11, 18, 25  
Stephanie Herrera, MA, NBC-HWC

#### **Wednesdays, 10:00 AM – 11:00 AM**

Location: Independence and Zoom  
Dates: January 8, 15, 22, 29; February 5, 12  
Brooke Battaglin, BS,  
Certified Nutrition Coach

## Self-Care and Emotional Well-Being

Self-care is essential for your mental, physical, and emotional wellbeing. While we're often taught to care for others, it's difficult to truly support them if we're not caring for ourselves first. If you weren't taught how to prioritize yourself, or were told that alone time is selfish, this class is for you. Learn emotional self-care techniques that boost self-love and improve your outlook on life.

## Intuitive Eating and Body Image

Join us to explore how each body is unique and learn to cultivate a positive mindset towards your own. While we don't choose our bodies, we can choose to accept and relate to them with love. Mindful and intuitive eating helps rebuild our relationship with our bodies and restore trust in them. Our bodies carry wisdom, and it's about learning to listen and understand how they communicate with us. This class will guide you in being more mindful with food and help you see your body in a new, loving light, fostering a more confident version of yourself.

## Tranquil Chair Stretching

Stretching is essential for keeping muscles flexible and healthy, helping maintain joint mobility, especially as we age. It also promotes mental focus and provides an opportunity to cultivate calm and positive emotions. This 12-week class is a great beginner's program to build a foundation for flexibility and mobility. Join us to learn and practice simple stretches, all from the comfort of a chair!

## Balance Your Energy Centers

Join us for a six-week psychoeducational class on the Chakra energy system. You'll learn about the 7 energy centers, their functions and purposes, how they show up in your life, signs of blockages, and ways to bring balance through activities, rituals, affirmations, and food. We'll emphasize how our thoughts, beliefs, and emotions influence whether our energy centers are open or blocked, and how self-awareness is key to making lasting changes from within.

## Building Your Mindfulness Muscle's

Mindfulness is the practice of being fully present and aware, rooted in ancient traditions to promote peace of mind and reduce mental chatter. In today's fast-paced world, this can be challenging due to our constant "monkey mind," but it's absolutely achievable! Learning mindfulness is like building a new mental muscle—it's there, but may need strengthening. Just like physical exercise builds your body, practicing mindfulness strengthens your mind. Join us to grow your mental muscles and learn daily techniques to better cope with whatever life brings.

## Writing for Wellness

Writing is a powerful form of mindfulness that can foster healing, emotional freedom, and a deeper connection to yourself. Join us to explore your inner world through free-flow writing, reflection, creative expression, and prompts. Each week, we'll focus on a new topic, giving you the opportunity to express your thoughts, share your writing, and listen to others in a supportive environment.

### Wednesdays, 10:00 AM – 11:00 AM

Location: Independence and Zoom  
Dates: February 19, 26; March 5, 19, 26  
(no class March 12)  
Brooke Battaglin, BS, Certified Nutrition Coach

### Wednesdays, 11:00 AM -12:00 PM

Location: Evergreen & Zoom  
February 19, 26; March 5, 19, 26  
(no class March 12)  
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt

### Wednesdays, 12:00 PM – 1:00 PM

Location: Union Square and Zoom  
January 8, 15, 22, 29; February 5, 12, 19, 26; March 5, 19, 26  
(no class March 12)  
Stephanie Herrera, MA, NBC-HWC

### Thursdays, 2:00 PM -3:00 PM

Location: Zoom Only  
January 9, 16, 23, 30; February 6, 13  
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt

### Thursdays, 2:00 PM - 3:00 PM

Location: Zoom Only  
February 20, 27; March 6, 13, 20, 27  
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHt

### Fridays, 11:00 AM – 12:00 PM

Location: Zoom Only  
Dates: January 3, 10, 17, 24, 31;  
February 7, 14, 21, 28; March 7, 14, 21, 28  
Brooke Battaglin, BS, Certified Nutrition Coach