



WELLNESS SERVICES



October, November, and December 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!

Tranquil Chair Stretching

Stretching keeps the muscles flexible and healthy, and we need that flexibility to maintain a range of motion in the joints, especially as we age. Stretching also helps the mind focus and can be a great time to concentrate on a sense of calm and positive emotions. This 6-week class is a wonderful beginner's program to start building a solid foundation for flexibility and mobility. Join us to learn and practice basic and straight-forward stretches--all from a chair!

Mondays 11:00 a.m. - 12:00 p.m.
Location: North Wadsworth and Zoom
November 25;
December 2, 9, 16, 23, 30
Stephanie Herrera, MA, NBC-HWC

Yoga for Enhancing the Mind-Body Connection

The physical practice of yoga has been scientifically shown to improve flexibility, strength and balance, reduce pain, reduce stress, and increase feelings of calm and peace in your body and mind. Yoga's power lies in slowing down and dropping into the body so you can experience different feelings/sensations that arise from within in a safe space. Creating safety in your body is key to healing and regulating your nervous system.

Mondays 12:00 - 1:00 p.m.
Location: Union Square and Zoom
October 28; November 4, 11, 18, 25; December 2, 9, 16, 23, 30
(No class Nov 28 & Dec 26)
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHT

Switch to Self-compassion

Having compassion means that you offer understanding and kindness to others when they fail or make mistakes, rather than judging them harshly. Self-compassion involves acting the same way toward yourself when you are having a difficult time, fail, or notice something you don't like about yourself. This 5-week class will teach you how to turn compassion inward and we will practice exercises to cultivate compassion.

Mondays 2:00 - 3:00 p.m.
Location: Union Square and Zoom
October 28
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHT

Practicing Emotional Resilience

The basic definition of emotional resilience is the capability to bounce back from difficult situations while maintaining emotional well-being. Rather than avoiding or suppressing emotions, emotional resilience is the ability to accept and process these emotions in a healthy and constructive manner. Join this 7-week class to help learn how to build your own emotional resilience and gain skills to navigate through life's ups and downs.

Mondays 3:00 - 4:00 p.m.
Location: North Wadsworth
October 7, 14, 21, 28;
November 4, 11, 18
Stephanie Herrera, MA, NBC-HWC

Eat to Overcome Depression and Anxiety

Depression and anxiety disorders are rising and are especially prevalent around the holiday season. Join this 6-week class based on the book, *Eat to Beat Depression and Anxiety*, by Nutritional Psychiatrist Dr. Drew Ramsey, to discuss what foods positively affect brain health and improve mental wellness.

Mondays 3:00 - 4:00 p.m.
Location: North Wadsworth and Zoom
November 25;
December 2, 9, 16, 23, 30
Stephanie Herrera, MA, NBC-HWC

Nutrition and Your Relationship with Food

Join us to focus on the fundamentals of all things: nutrition and healthy, mindful eating! In this 8-week class we will learn tips and tricks to healthy eating habits, your relationship with food, and the benefits of nutritious foods to the brain and body. Being an intuitive eater is just as important as the foods you eat!

Tuesdays 10:00 - 11:00 a.m.
Location: Independence and Zoom
Dates: October 1, 8, 15, 22, 29;
November 5, 12, 19
Brooke Battaglin, BS, Certified Nutrition Coach

Holiday Health

The end of the year is approaching; the weather is getting cooler, the days are getting shorter, holidays are near, 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 winter months and how to navigate the holidays, so you can transition with greater ease.

Busting Through Old Beliefs

Beliefs are statements that our brain has accepted to be true. However, they are not inherently true. We can't always believe everything our mind says due to this reason. Our beliefs create our emotions, emotions create feelings, feelings create actions, actions create behaviors, and behaviors create our reality. In order to change the way you feel about yourself, we have to identify which old beliefs are holding you back so you can tend to your mental garden and create new supportive and empowering beliefs, of the person you are today.

Dialectical Behavior Therapy (DBT) and Goal Setting

DBT is a therapeutic treatment used to help regulate emotions and improve relationships. This 12-week class will be a combination of learning and exploring the skills within DBT and creating personal goals in relation to these key skills. *Please note: this is a psychoeducational class as opposed to a typical process group.

Simple Eating Principles

This 6-week class will be based off the book, *Food Rules*, by Michael Pollan. Michael Pollan reminds us that eating well doesn't need to be complicated. We will learn and discuss simple tips such as: avoid foods with ingredients that a third grader cannot pronounce, eat mostly plants, especially leaves, and stop eating before you're full. This book is a fun reminder that a healthy relationship with food boils down to making simple choices.

Creative Expression

What is your relationship to your creativity? Whatever you feel, creativity is something alive within all of us, waiting to be expressed. This 6-week expressive arts class will be a wonderful way to prioritize and explore creativity as we experience different mediums of expression. Topics will include art, writing, photo board, vision boarding, music, art journaling, etc. Let's get those creative juices flowing!

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.

Walk for Wellness

Join us for a weekly walking group! This is a fantastic opportunity to get active, breathe in the crisp fall air, engage in thought-provoking discussions, and make new friends. Please dress in layers to suit the weather, wear comfortable walking shoes, and bring water. Come and discover the joys and benefits of movement, connection, mindfulness, and being outside!

Tuesdays 10:00 – 11:00 a.m.

Location: Independence and Zoom
Dates: November 26;
December 3, 10, 17, 31
(No class Dec 24)
Brooke Battaglin, BS,
Certified Nutrition Coach

Wednesdays 11:00 a.m. - 12:00 p.m.

Location: Evergreen and Zoom
November 20, 27;
December 4, 11, 18 (No class Dec 25)
Amy Longe, BS, Certified Integrative
Nutrition Health Coach, RYT, CHt

Wednesdays 12:00 - 1:00 p.m.

Location: Union Square and Zoom
October 2, 9, 16, 23, 30; November 6, 13, 20, 27; December 4, 11, 18
Stephanie Herrera, MA, NBC-HWC

Wednesdays 1:00 – 2:00 p.m.

Location: Independence and Zoom
Dates: November 13, 20, 27;
December 4, 11, 18 (No class Dec 25)
Brooke Battaglin, BS,
Certified Nutrition Coach

Fridays 11:00 a.m. – 12:00 p.m.

Location: Zoom Only
Dates: October 4, 11, 18, 25;
November 1, 8
Brooke Battaglin, BS,
Certified Nutrition Coach

Fridays 11:00 a.m. – 12:00 p.m.

Location: Zoom Only
Dates: November 15, 22;
(No class Nov 29)
December 6, 13, 20, and 27
Brooke Battaglin, BS,
Certified Nutrition Coach

Mondays 11:00 a.m. - 12:00 p.m.

Location: North Wadsworth
Meet in the lobby
October 7, 14, 21, 28;
November 4, 11, 18
Stephanie Herrera, MA, NBC-HWC

Wednesdays 11:00 a.m. - 12:00 p.m.

Location: Evergreen Lake,
29612 Upper Bear Creek Rd
Evergreen, CO 80439
October 2, 9, 16, 23, 30;
November 6, 13
Amy Longe, BS, Certified Integrative
Nutrition Health Coach, RYT, CHt

Wednesdays 1:00 – 2:00 p.m.

Location: J B Tomilson Park near the
Independence office
Dates: October 2, 9, 16, 23, 30;
November 6 (No class Dec 25)
Brooke Battaglin, BS,
Certified Nutrition Coach