



WELLNESS SERVICES



April, May and June 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 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.

Free for those with Medicaid.
For those with other
insurances, please email
wellnessnow@jcmh.org

We're here for your wellness
journey!

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

Mondays, 11:00 AM-12:00 PM

Location: N Wads and Zoom
April 7, 14, 21, 28; May 5
Stephanie Herrera, MA, NBC-HWC

Yoga For Movement and Self-Care

Yoga enhances flexibility, strength, and balance, while helping to reduce pain, stress, and anxiety. It also fosters a sense of mental calm and emotional peace. Each class features a variety of postures, with modifications to suit all levels of experience. Many find yoga brings greater clarity and tranquility to both body and mind. Come try it for yourself and experience the transformation!

Mondays, 12:00 PM - 1:00 PM

Location: Union Square and Zoom
April 7, 14, 21, 28; May 5, 19, 26;
June 2, 9, 16, 23, 30
Amy Longe, BS, Certified Integrative
Nutrition Health Coach, RYT, CHT

Mindfulness For Emotional Well-Being

Mindfulness is the practice of being fully present and aware in the moment. Rooted in ancient traditions, it helps cultivate peace of mind and quiet mental chatter. In today's fast-paced world, it can be challenging to quiet the constant noise of our minds, but it's absolutely possible! Learning mindfulness is like building a new mental muscle—it's there, but it needs strengthening. Just as you go to the gym to build physical muscles, you need to go inward to your mental gym to strengthen your mind. Join us to build your mental resilience and learn techniques you can use daily to handle whatever life throws your way.

Mondays, 3:00 PM - 4:00 PM

Location: Solid Ground (7272 W 14th Ave, Lakewood, CO 80214) & Zoom
April 7, 14, 21, 28; May 5, 19, 26
Amy Longe, BS, Certified Integrative
Nutrition Health Coach, RYT, CHT

Food and Mood

The connection between what we eat and our emotions is becoming increasingly evident. Did you know that 95% of serotonin, a key neurotransmitter, is produced in the gut? Join us to explore how what we eat influences our mental health and well-being and discover simple changes you can make to boost your overall health and wellness!

Tuesdays, 11:00 AM - 12:00 PM

Location: Independence and Zoom
April 1, 8, 15, 22, 29; May 6, 20
Brooke Battaglin, BS,
Certified Nutrition Coach

Gardening Basics at Solid Ground

Join us for a 4-week class where you'll learn how to grow and plant fresh crops! Being outdoors in nature nurtures not only your gardening skills but also your mind, body, and soul.

Tuesdays, 11:00 AM - 12:00 PM

Location: Solid Ground (7272 W 14th Ave, Lakewood, CO 80214)
June 3, 10, 17, 24
Brooke Battaglin, BS,
Certified Nutrition Coach

Navigating Healthy Relationships and Positive Boundaries

Positive relationships and healthy boundaries are key to self-care in all areas of life. Without them, we can feel drained, taken advantage of, stuck, or disappointed in ourselves. Join this 6-class series to learn practical steps and strategies for connecting with others, while forming, strengthening, and maintaining healthy boundaries that help you feel more empowered and respected.

Tuesdays, 1:00 PM - 2:00 PM

Location: Zoom only
April 1, 8, 15, 22, 29; May 6
Stephanie Herrera, MA, NBC-HWC

Thriving Beyond Pain: Empowering Yourself to Live 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 6-class to learn various tips and strategies to manage your chronic pain.

Tuesdays, 1:00 PM - 2:00 PM

Location: Zoom only
May 20, 27; June 3, 10, 17, 24
Stephanie Herrera, MA, NBC-HWC

Walking for Wellness

Start to build your movement practice this spring! Connect with others as we enjoy walking outside around Union Square Park. This will be a 6-week class to move your body, enjoy the fresh afternoon 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 AM - 10:00 AM

Location: Union Square
May 21, 28; June 4, 11, 18, 25
Stephanie Herrera, MA, NBC-HWC

Transform Your Health with Group Coaching!

Join us for a transformative 6-week health coaching journey in a supportive group setting! Each participant will set a personal health and well-being goal, and together we will take small, meaningful steps toward achieving them. Throughout the program, we will explore various strategies to enhance mindset, maintain focus, and foster lasting change. This is a closed group that requires commitment to all 6 classes! Please register ahead of time to start on either April 9 or May 21.

Wednesdays, 11:00 AM – 12:00 PM

Location: Independence and Zoom
Round 1: April 9, 16, 23, 30; May 7, 14
Round 2: May 21, 28; June 4, 11, 18, 25
Brooke Battaglin, BS, Certified Nutrition Coach

Deep Stretch & Breath

Deep stretch and breath is a slower, more restorative yoga class, focusing on holding postures longer and creating a deeper muscle release for your body. This is great for people who find it hard to slow down + relax and want to try a more restorative yoga class. We will be utilizing props most classes to assist in finding deeper holds and different breathing techniques to assist the body in softening into the posture. Think of this class as a stretching meditation. Come try it out and see how it could benefit all parts of yourself!

Wednesday 11:00 AM-12:00 PM

Location: Evergreen & Zoom
June 4, 11, 18, 25 (US & Zoom for the 25th only)
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHT

Learning to be Tobacco-Free

Are you ready to begin your journey of quitting tobacco? Or just learn what it might be like to decrease your tobacco use? Regardless of your readiness level, come to this 6-week class to learn information, skills, and strategies that can be used to build a healthy lifestyle and stop tobacco use. Based on DIMENSIONS: Tobacco Free Program, discover and discuss evidence-based interventions to help you reach your tobacco-free goal.

Wednesdays, 1:00 PM - 2:00 PM

Location: Union Square and Zoom
Round 1: April 2, 9, 16, 23, 30; May 7
Round 2: May 21, 28; June 4, 11, 18, 25
Stephanie Herrera, MA, NBC-HWC

Nutrition 101

Join us as we dive into the fundamentals of food, nutrition, and mindful eating! In this 6-week class, we'll cover basic tips and tricks to help you build healthy eating habits, reflect on your relationship with food, and explore the benefits of nourishing your body and brain. Being an intuitive eater is just as important as the food you choose to eat!

Thursday 2:00 PM - 3:00 PM

Location: Zoom Only
April 3, 10, 17, 24; May 1, 8
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHT

Writing For Wellness

Writing is a powerful mindfulness practice that can lead to healing, emotional freedom, and a deeper connection with yourself. Join us to express your thoughts and feelings through free-flow writing, reflection, creative prompts, and personal expression. Each week, we'll focus on a new topic, providing a space to share your writing and listen to others in a supportive, encouraging environment.

Round 1:

Fridays, 11:00 AM – 12:00 PM

Location: Zoom Only
April 4, 11, 18, 25; May 2, 9
Brooke Battaglin, BS, Certified Nutrition Coach

Round 2:

Thursdays 2:00 PM - 3:00 PM

Location: Zoom Only
May 22, 29; June 5, 12, 19, 26
Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHT

Attracting What You Want

In this 6-week class, you'll explore how the Law of Attraction shapes your experiences and how your thoughts and behaviors create your reality. We'll focus on self-awareness, healing, and empowering you to cultivate a more positive and balanced life.

Fridays: 11:00 AM – 12:00 PM

Location: Zoom Only
May 23, 30; June 6, 13, 20, 27
Brooke Battaglin, BS, Certified Nutrition Coach