



# WELLNESS SERVICES

- at -  
**Jefferson Center**  
— With you in mind —



## Wellness Classes

January

February

March

**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](mailto:wellnessnow@jcmh.org) with the class(es) you are interested in to receive the Zoom link from the instructor.

### Encouraging 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 6-week class to help learn how to build your own emotional resilience and gain skills to navigate through life's ups and downs.

Mondays, 11:00 AM – 12:00 PM  
Location: North Wadsworth and Zoom  
January 8, 22, 29; February 5, 12, 19  
*Stephanie Herrera, MA, NBC-HWC*

### Foundational Self-Care Across the Wellness Wheel

The Wellness Wheel is a wellness model with 8 different dimensions. Each dimension is interconnected and important to a well-rounded and balanced lifestyle. Join this 5-week class to learn how to improve your self-care in each of these dimensions to improve your physical, emotional, and mental well-being.

Mondays, 11:00 AM – 12:00 PM  
Location: North Wadsworth and Zoom  
February 8, 22, 29; March 4, 11, 18, 25  
*Stephanie Herrera, MA, NBC-HWC*

### Stress Busters for Kids and Teens: Improving Sleep

This 3-week class series is designed to help kids and teens (ages 10-17) improve their sleep hygiene, which will help manage their overall stress. Getting quality sleep is so important for every day functioning, especially in kids and adolescents.

Mondays, 4:30 – 5:30 PM  
Location: North Wadsworth and Zoom  
January 8, 22, 29  
*Stephanie Herrera, MA, NBC-HWC*

### Stress Busters for Kids and Teens: Mindfulness 101

Research has repeatedly shown how beneficial and healing the practice of mindfulness can be, especially in managing stress. This 4-week class series is designed to teach mindfulness tips and techniques specifically geared toward kids and teens (ages 10-17).

Mondays, 4:30 – 5:30 PM  
Location: North Wadsworth and Zoom  
February 5, 12, 19, 26  
*Stephanie Herrera, MA, NBC-HWC*

### Stress Busters for Kids and Teens: Journaling for Stress

Journaling has shown to be an excellent coping strategy to manage stress in our everyday lives. This 4-week class series helps kids and teens (ages 10-17) learn how to use this skill to not only combat stress, but to also increase self-esteem, improve mood, and process emotions.

Mondays, 4:30 – 5:30 PM  
Location: North Wadsworth and Zoom  
March 4, 11, 18, 25  
*Stephanie Herrera, MA, NBC-HWC*

### Stretching and Mobility

As physical well-being affects mental well-being, 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 mobility, as these help our bodies move more efficiently and effectively as we age. Join this 7-week class that will concentrate on basic movements and stretches that help strengthen joints, deepen flexibility, and increase overall mental well-being, with no equipment needed.

Wednesdays, 9:00 – 10:00 AM  
Location: Union Square and Zoom  
January 3, 10, 17, 24, 31; February 7, 14  
*Stephanie Herrera, MA, NBC-HWC*



## Writing for Wellness

The process of writing has been recognized as having mental and emotional health benefits; it is a wonderful way to self-reflect and feel more connected to yourself and others. This 6-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.

Wednesdays, 9:00 – 10:00 AM  
Location: Union Square and Zoom  
February 21, 28; March 6, 13, 20, 27  
*Stephanie Herrera, MA, NBC-HWC*

## Mindful Eating and Body Image

Join us in learning how every body is different and how to have a positive mindset of your own self. Mindful and intuitive eating helps us rebuild our relationship with our bodies and start trusting them again. This class will teach you how to be more mindful with your food and create a more confident you!

Wednesdays, 10:00 – 11:00 AM  
Location: Independence and Zoom  
January 3, 10, 17, 24, 31; February 7  
*Brooke Battaglin, BS, Certified Nutrition Coach*

## Food Rules

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.

Wednesdays, 10:00 – 11:00 AM  
Location: Independence and Zoom  
February 14, 21, 28; March 6, 13, 20  
*Brooke Battaglin, BS, Certified Nutrition Coach*

## Finding Personal Freedom

Don Miguel Ruiz is a well-renowned author that has written several books on topics relating to human suffering. His international bestseller, *The 4 Agreements*, has been translated into 52 different languages and has helped thousands reveal limiting beliefs that rob us of joy and create needless suffering. Join us in this 6-week class where we explore some of Ruiz bestselling books that will open our eyes and minds to more freedom, happiness, and love.

Wednesdays, 11:00 AM – 12:00 PM  
Location: Evergreen and Zoom  
January 3, 10, 17, 24, 31; February 7  
*Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHT*

## Expressive Arts

What is your relationship to your creativity? Is it something that feels distant from your life? Or something you prioritize? 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!

Wednesdays, 11:00 AM – 12:00 PM  
Location: Evergreen and Zoom  
February 14, 21, 28; Mar 6, 13, 20, 27  
*Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHT*

## Somatic Healing

Have you experienced a trauma at some point in your life? Do you feel like you have been 'different' since? Trauma is a deeply disruptive experience for the mind and body that can affect every area of your life. Somatic healing, includes healing of the mind and body, can help to re-regulate you and your nervous system. Many of us live in a stressed 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 us as we learn and practice various somatic techniques to empower you in your life.

Thursdays, 12:00 – 1:00 PM  
Location: Union Square and Zoom  
January 4, 11, 18, 25; Feb 1, 8, 15, 22, 29;  
Mar 7, 14, 21, 28  
*Amy Longe, BS, Certified Integrative Nutrition Health Coach, RYT, CHT*

## 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. This class will help you set specific goals, learn what truly motivates you, and assist you in making healthy lifestyle changes to improve your well-being!

Fridays, 11:00 AM – 12:00 PM  
Location: Zoom Only  
January 5, 12, 19, 26; February 2, 9  
*Brooke Battaglin, BS, Certified Nutrition Coach*

## Attracting What You Want

In this 6-week class, we will learn about the Law of Attraction the implications on our lives! We will discuss ways our thoughts and behaviors assist in creating our reality.

Fridays, 11:00 AM – 12:00 PM  
Location: Zoom Only  
February 16, 23; March 1, 8, 15, 22  
*Brooke Battaglin, BS, Certified Nutrition Coach*

