

## Recent Classes and what they are saying...

Eat Well, Feel Well

Stressbusters!

Move and Groove

Creating the Change you Want

Sleep Better to Live Better

Curious About Quitting  
(Smoking Cessation)

Serious About Quitting  
(Smoking Cessation)

Taking Care of Yourself

Positive Parenting

*"This class was awesome. I'd absolutely recommend it to others" ~ Kim*

*"I learned how to break my goals down into steps so its not so overwhelming" ~ Barbara*

*"We love Wellness classes-they are wonderful!" ~ Dan*

*"Learning how stress affects me physically was the most important thing I learned in this class." ~ Nancy*

Wellness is for everyone, and...  
just for **you!**

- Individualized
- Assessments – Guiding/Coaching
- Family Involvement
- Peer support
- Build on your own unique strengths and interests

Jefferson Center  
for mental health  
Wellness on Wadsworth  
4045 Wadsworth Blvd., Ste 70  
Wheat Ridge, CO 80033



*wellness* now!

Creating  
positive change...  
**just for you!**

*"A journey of a thousand miles  
must begin with a single step."  
~ Chinese Proverb*

303-432-5031  
[wellnessnowjcmh.org](http://wellnessnowjcmh.org)

A program of



Jefferson Center  
for mental health

Wellness means feeling the best we can feel each day, emotionally and physically. Wellness is not a place but a path.



Our variety of wellness and prevention services focus on resilience and renewed hope. We can help you identify workable goals and design a plan to make it happen! We can help you learn how to identify

obstacles in advance so they don't become road blocks. You'll learn new skills, get information and tips on healthy living, find out how to gather the support of others and become your own coach.

At *Wellness now!* we know that making a lifestyle change can be difficult. That's why the folks at *Wellness now!* have developed a program that meets you where you are! You design your own “wellness support plan” with the help of our Wellness experts by choosing from our comprehensive menu of helpful services:

- **WELLNESS ASSESSMENTS**

Help you examine your strengths, weaknesses and priorities in a supportive nonjudgmental style.



- **INDIVIDUAL COACHING**

Designed to guide you in the process of goal setting, improving motivation, recognizing your patterns and celebrating your success.



- **GROUP CLASSES**

Learn strategies to succeed, work with others who are dealing with the same challenges and form support systems to help you stick with your goals.



- **ON LINE INFORMATION AND ASSISTANCE**

These interactive tools are designed to offer information, resources, encouragement and flexibility.



Are you ready to make positive changes in your life? *Wellness now!* offers holistic alternatives that extend beyond the traditional mental health related therapies. Our wide variety of services builds on your unique strengths and interests, and recognizes the link between emotional and physical well-being.

**Call us to find out more! 303-432-5031**

*wellness now!*

is about creating positive change.

**Believe in yourself** and in your own abilities to impact your life.

**Build energy.** Maintain regular sleep patterns, a healthy diet, and daily exercise or activity routines.

**Learn** new skills.

**Reach out.** Develop a support network of those who care about you.

**Explore** new opportunities and possibilities.

**Feel well.** You deserve it!

