



## Schedule of Classes - April, May, June 2010

**Do You Want to Make Small Changes in Your Life that Lead to Big Improvements?**

*Join our Wellness Classes!*

**FREE**

**W**e know it's all related...**our bodies respond to how we think, feel and act.** This is often called the "mind/body connection." When we are stressed, anxious or upset, our body tries to tell us that something isn't right. Wellness classes have been developed to provide you with education, coaching, and support you need to feel your best.

**O**ur **dedicated, energetic and experienced staff** of Wellness clinicians and collaborating organizations will help you to **feel your best.** Whether it's through fun physical activity, ideas for eating healthier, ways to reduce anxiety and stress, help with parenting and relationships, or support to stop smoking or other addictions, we have classes and coaching for you. **We look forward to seeing you!**

### **Meet Our Team...**

**Jane Harris, MS**  
Director

**Kathy Baur, Ph.D.**  
Wellness Clinician

**Maribeth Flanagan, LPC**  
Brief Therapy

**Darla Gurry-Levi, LCSW**  
Youth Tobacco Coordinator

**Fran Grindle**  
Administrative Assistant

**Elaine Feldhaus, BSN, MPS**  
Senior Wellness Clinician

**Nathan Gates, MA**  
Youth Tobacco Specialist

**Erin Haley, MA, LPC**  
Wellness Clinician

**Melissa Lewis, MS**  
Health Coach

*For more information visit us at [www.wellnessnowjcmh.org](http://www.wellnessnowjcmh.org)*



*Wellnessnow is a program of Jefferson Center for Mental Health serving Jefferson, Gilpin, and Clear Creek counties since 1958. Jefferson Center promotes mental health in the community and provides quality mental health services to persons with emotional problems or serious mental illness.*

## \* General Health \*

**Weight Loss**

This educational class, presented by Kathy Baur or Maribeth Flanagan, will focus on learning healthy eating habits and getting support to make behavioral changes to reach and maintain a healthy weight. Basic nutrition, as well as an opportunity to meet with a dietician one-on-one.

Monday, 4:30 – 5:45 p.m., April 5, 19, 26, May, June (WOW)

Tuesday, 11 a.m. – 12:30 p.m., April, May, June 1, 8, 15, 29 (WC)

**Eating Well**

Eating well is a cornerstone of any wellness plan. It can also be a source of joy and fulfillment. Join Nate Gates to learn how to plan, prepare and cook healthy food, then share a meal and discuss the role of food in our lives.

**RSVP 303.423.2261**

Tuesday, 5 – 7 p.m., April 13, 20, 27, May, June 1, 29 (Summit Ctr.)

**Dance, Rattle and Roll**

If you can move you can dance. Join Lisa Fulk in this class designed to add a little variety to your exercise. This class will feature a variety of no partner dance routines with a variety of music styles.

Monday, 2 – 2:45 p.m., April 19, 26, May 24, June 21, 28 (WOW)

Wednesday, 1:15 – 2 p.m., April 7, 14, May 5, 12, June 2, 9 (WOW)

**Dental Health**

Join dental hygienist, Alyssa Milam, BSDH, RDH, who will provide information on brushing, flossing, denture care and other useful facts regarding taking care of your dental health.

Wednesdays, 10 – 11 a.m.  
April 21, May 19, June 16 (WOW)

**Taking Charge of Diabetes**

Join Judy Fowler, RD and Jane Harris for this class, based on the American Diabetes Association curriculum, which covers the basics you need to know if you have been diagnosed with Type II diabetes or have been told you are “pre” diabetic.

Friday, 10 – 11 a.m.  
April, May 7, 14, 21 (WC)

**Gentle Yoga**

Join Linza Douglas, LPC, CACIII for this introductory yoga class and learn about the benefits of yoga. Enjoy increased flexibility, and begin to create a positive sense of well-being in your body and mind. This class is geared especially toward first-time participants and those new to yoga.

Thursday, 2:15 - 3:15 p.m. or 3:30 - 4:30 p.m., April, May, June (WOW)

**Walking for Wellness**

Join Maribeth Flanagan or Carla Rankin to walk outside. However, when it is too hot/cold to walk outside we will meet inside for an opportunity to “move” in a cooler/warmer environment (*exercises will include calisthenics, stretching and light aerobic activity*).

Monday, 3:30 – 4:15 p.m., April 5, 19, 26, May, June (WOW)

Tuesday, Wednesday & Thursday,  
9 – 9:45 a.m., April, May, June (WOW)

**Walking at Crown Hill Park**

Please call Maribeth Flanagan, at **720.898.0869**, to RSVP and to get instructions about where we will meet at the parks.

Friday, 9 – 10 a.m. April 16, May 14, June 18

**Walking at Prospect Park**

Friday, 9 – 10 a.m., April 23

**Wheat Ridge Recreation Center Tour (RSVP Required – 720.898.0869)**

Meet at the Recreation Center:  
4005 Kipling Street, Wheat Ridge,  
Friday, 9 a.m., April 9, May 14,  
June 11

**Tobacco Recovery**

If you are a tobacco user, the single most effective way to enhance your health, quality of life and pocketbook is to quit using. Join Nate Gates for this class to help you enhance your motivation for quitting, set reachable cessation goals, and learn skills to become tobacco-free.

Wednesday, 1 – 2 p.m. – (JCMH)  
4 – 5 p.m. – (WOW), April 14, 21, 28  
May, June 2, 30

**ACT Healthy**

Developing healthy habits of body and mind can be easier said than done. Join Nate Gates to learn how to apply the principles of Acceptance and Commitment training towards the often uncomfortable choices that shape your health and well being.

Monday, 2 – 3 p.m., April 19, 26,  
May 3, 10, 17, 24, June 28 (WOW)

## \* Anxiety/Depression \*

**Tame the Anxious Mind**

Do you find yourself worrying about everything until it feels like your anxiety is out of control? Join Nate Gates or Kathy Baur to learn cognitive behavioral skills for taming the beast so you can move forward with more confidence. New skills are being taught weekly.

Monday, 12—1 p.m., April 19, 26,  
May 3, 10, 17, 24, June 28 (WC)

Wednesday, 2:30—4 p.m., April, May,  
June 2, 9, 16, 30 (WOW)

**Self-Hypnosis for Anxiety**

Join Kathy Baur to learn basic self-hypnosis skills to help manage your anxiety.

Tuesday, 1 – 2:15 p.m.  
June 1, 8, 15, 29 (WC)

**Stress Management**

**(2-Wk Series)** Stress affects all areas of our lives, from our physical health, to our mental, financial and even spiritual well being. Join Maribeth Flanagan on a journey to understand stress and practice techniques to overcome its damaging effects.

Thursday, 4 – 5:15 p.m., May 20, 27 (WOW)

**“Teen” Anxiety Sucks**

Join Kathy Baur for this **6-week class** based on Acceptance and Commitment training, that helps anxious teens build skills for living with anxiety rather than living a life of struggle and avoidance.

Thursday, 4 – 5 p.m., April 15, 22, 29  
May 6, 13, 20 (WC)

**\*Self Care/Self Improvement \*****Morning Meditation**

Begin your week with relaxation and calm. Join Nate Gates in learning basic mindfulness exercises, and discuss how to integrate mindfulness into your day.

Monday, 9 – 10 a.m., April 19, 26  
May 3, 10, 17, 24, June 28 (WOW)

**Drugs, Alcohol & Mental Health**

Join Kristen Thome, LCSW to learn how to define your own recovery. Explore techniques to prevent or reduce relapse of the symptoms and addiction. Regain the spirit of family by learning to work as a team.

Wednesday, 11 a.m. – 12 p.m.  
May, June 2, 9, 16, 23 (WOW)

**Make & Keep Friends**

Are you looking to expand your social network and make new friends? Join Kathy Baur to learn skills for developing healthy friendships and how to maintain them.

Tuesday, 9 – 10:30 a.m., April, May, (WC)

**It Stinks and . . .**

Does it ever feel like things just don't work out for you? Is the glass always half-empty? Join Kathy Baur for this hands-on Acceptance and Commitment Training that focuses on recovery oriented strategies to help you learn to see the glass as half-filled.

Tuesday, 1– 2:30 p.m., April, May (WC)

**“Dark Side of Light Chasers”**

**(4-Wk Series)** Join Maribeth Flanagan in reading and discussing Debbie Ford's book together. Discover aspects of yourself that you hide from others, and learn how to use them to create a more authentic life. Book provided. Group limited to 7 participants. RSVP required: 720.898.0869

Wednesday, 12 - 1 p.m.  
April 28, May 5, 12, 19 (WOW)

**Boundaries**

Join Kathy Baur and Maribeth Flanagan as they explore how to deal with difficult situations that may arise when you begin to establish and assert your boundaries with others. We will offer more time to practice your new skills with others in a fun, relaxed atmosphere.

Wednesday, 1 – 2:30 p.m.,  
April 21, 28 May 19, 26, June 16, 23 (WOW)

**No Classes on  
National Holidays  
Office Closed April 1, 2, 12**

**Self-Coaching**

Join Kathy Baur to learn the secrets that coaches know and start making the changes you want to see in your life. This class focuses on creating a workable plan to put you in the driver's seat of change and provide ongoing support.

Thursday, 9 – 10:30 a.m.  
April, May, June 3, 10, 17 (WC)

**Mindfulness Meditation**

Join Nate Gates for mindfulness meditation which can be used to relax, manage stress and shift perspective on difficult problems.

Thursdays, 12 – 1 p.m.  
April 15, 22, 29, May, June 3 (WOW)

**Tell Your Story**

Join Maribeth Flanagan for this **4-Wk Series**. You've had lots of experiences in life, and you may long to share them with others. This class will help you learn to tell your stories in ways that are interesting and keep listeners engaged. No previous writing or storytelling experience required.

Thursday, 12 – 1:15 p.m., April 8, 15  
June 10, 17, 24 (WOW)

**“The Tao of Pooh”**

Join Kathy Baur to read and discuss Benjamin Hoff's “The Tao of Pooh”, an introduction to Taoism. Learn invaluable lessons on simplicity and natural living.

Thursday, 12:30 – 2 p.m., April  
May, June 3, 10, 17 (WC)

**Reach Out to Wellness**

Join Kathy Baur and Kristen Thome, LCSW for this consumer-created class. An informal opportunity for consumers to reach out to the community with volunteer opportunities

Thursday, 2:30 – 3:30 p.m.  
April 8, May 6, June 3 (WC)

**Gratitude Circle**

The simple act of gratitude can dramatically alter our lives. Join Kathy Baur to learn and practice gratitude skills to deepen this aspect of your life. This will be a monthly class so you can join at any time.

Thursday, 2:30 – 3:30 p.m.

April 15, May 13, June 10 (WC)

**I'm Worth it! Self-Esteem**

Caring for ourselves is not selfish! A positive self-image is one of the major keys to happiness. If you have difficulty being kind to yourself, you are not alone. Join Maribeth Flanagan in this **on-going** class to learn how to “like yourself more than anyone else you know.”

Friday, 10:30 – 11:45 a.m.

April 9, 16, May 14, 21, June 11, 18 (WOW)

**Food for Talk**

Join Maribeth Flanagan in this fun and interactive group that helps clients create a deeper understanding of themselves and others through discussing various interesting topics. We will focus on personal experiences, allowing clients to build more effective communication skills and self confidence. Through sharing and listening, clients will learn how similar, yet unique, we all are.

Friday, 12 – 1:15 p.m.

April 9, 16, May 14, 21, June 11, 18 (WOW)

**Exploring your Creative Side**

Join Maribeth Flanagan to make time for creative expression in your life! Whether it be a collage, drawing,

**\* Creative Arts \***

writing poetry, or even coloring, EVERYONE has a creative side. Join us to discover hidden sources of inspiration while experimenting with a variety of materials. All experience levels welcome!

Tuesday, 10:30 a.m. – 12 p.m.

April, May, June (WOW)

**Beginning Quilting**

Join Suzi Duffey to learn how to make a whole-cloth lap quilt, and learn how to outline quilting and binding. All work done by hand. Materials provided. **Class limit - 7 participants. RSVP Required: 303.423.2261**

Friday, 12 – 1:30 p.m.

April 9, 16, 23, 30, May 7 (WOW)

**Jewelry Making**

Work with Rebecca Lamb, a renowned jewelry artist, to create beautiful necklaces, bracelets, etc., for yourself or others. Materials provided. **Class limited to 7 participants. RSVP required: 303.423.2261**

Saturday, 11 a.m. - 1 p.m., May 8, 22

Friday, 11 a.m.- 1 p.m, June 11, 25 (WOW)

**Needle Arts**

Bring your needle art projects and let's have fun! Work on embroidery, cross-stitch, crochet, quilting, etc. Instructors CJ Mueller and Suzi Duffey will be available to assist you.

Friday, 10 – 11:30 a.m.

May 14, 21, June 4, 18 (WOW)

**\* General \*****Planning Wellness Classes**

Join Jane Harris for this class which is geared to consumers who are interested in helping to design or revise Wellness services and provide feedback regarding the Wellness program.

Monday, 2 – 3 p.m., May 10 (WOW)

**Household Budgeting**

Join Maribeth Flanagan for this class. Whether you want to pay down your debts, begin saving or figure out how to make ends meet, this class can help! Please bring a list of monthly expenses and income. Math skills NOT required.

Wednesday, 5:30 – 7 p.m., April 14

(WOW)

**Comedy Corner**

Join Kathy Baur, to relax and enjoy popcorn and a different comedy movie each week.

Tuesday, 2:30 – 5 p.m.

June 1, 8, 15, 29 (WC)

**Food & Fun**

Join Jane Harris for a fun-filled morning and healthy food.

Saturday, 9 a.m. - 1 p.m.

April 10, 24, May 8, 22 (WOW)

This key lists the abbreviations used for class locations.


(WC) - 9485 W. Colfax Avenue, Lakewood

(WOW) - 4045 Wadsworth, Suite 80 (Lower Level), Wheat Ridge

(JCMH) - 70 Executive Center, 4851 Independence St., Wheat Ridge

(Summit Ctr.) - Summit Center, 3810 Pierce Street, Wheat Ridge


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Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="font-size: 48px; color: #0056b3; margin: 0;">April 2010</h1> <p style="color: #0056b3; font-weight: bold;">For more information call (303) 423-2261</p>				
<p><b>5</b></p> <p>Walking Group 3:30 - 4:15 p.m. Weight Loss 4:30 - 5:45 p.m.</p>	<p><b>6</b></p> <p>Make &amp; Keep Friends 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Explore Your Creativity 10:30 - 12 pm Weight Loss 11 - 12:30 p.m. It Stinks 1 - 2:30p.m.</p>	<p><b>7</b></p> <p>Walking Group 9 - 9:45 a.m. Dance, Rattle and Roll 1:15 - 2 p.m. Tame the Anxious Mind 2:30 - 4 p.m.</p>	<p><b>8</b></p> <p>Self-Coaching 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Tell Your Story 12 - 1:15 p.m. The Tao of Pooh 12:30 - 2 p.m. Reach Out to Wellness 2:30 - 3:30 p.m. Yoga 2:15 - 3:15 &amp; 3:30 - 4:30 p.m.</p>	<p><b>9</b></p> <p>wellness now! Office Closed</p> <p>Wheat Ridge Rec. Ctr. 9 a.m. Taking Charge of Diabetes 10:00 - 11:00 a.m. I'm Worth it! 10:30 - 11:45 a.m. Food for Talk - 12 - 1:15 p.m. Beginning Quilting 12 - 1:30 p.m.</p>
<p><b>12</b></p> <p>wellness now! Office Closed</p>	<p><b>13</b></p> <p>Make &amp; Keep Friends 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Explore Your Creativity 10:30 - 12pm Weight Loss 11 - 12:30 p.m. It Stinks 1 - 2:30 p.m. Eating Well 5 - 7 p.m.</p>	<p><b>14</b></p> <p>Walking Group 9 - 9:45 a.m. Tobacco Recovery 1 - 2 p.m. Dance, Rattle and Roll 1:15 - 2 p.m. Tame the Anxious Mind 2:30 - 4 p.m. Tobacco Recovery 4 - 5 p.m. Household Budgeting 5:30 - 7 p.m.</p>	<p><b>15</b></p> <p>Self-Coaching 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Mindfulness Meditation 12 - 1 p.m. Tell Your Story 12 - 1:15 p.m. The Tao of Pooh 12:30 - 2:00 p.m. Gratitude 2:30 - 3:30 p.m. Yoga 2:15 - 3:15 &amp; 3:30 - 4:30 p.m. "Teen" Anxiety Sucks 4 - 5 p.m. MOVIE NIGHT 5:30 - 7:30 p.m.</p>	<p><b>16</b></p> <p>Walk at Crown Hill Pk. 9 - 10 a.m. Taking Charge of Diabetes 10:00 - 11:00 a.m. I'm Worth it! 10:30 - 11:45 a.m. Food for Talk - 12 - 1:15 p.m. Beginning Quilting 12 - 1:30 p.m.</p>
<p><b>19</b></p> <p>Meditation 9 - 10 a.m. Tame the Anxious Mind 12 - 1 p.m. Dance, Rattle &amp; Roll 2 - 2:45 p.m. ACT Healthy 2 - 3 p.m. Walking Group 3:30 - 4:15 p.m. Weight Loss 4:30 - 5:45 p.m.</p>	<p><b>20</b></p> <p>Make &amp; Keep Friends 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Explore Your Creativity 10:30 - 12 pm Weight Loss 11 - 12:30 p.m. It Stinks 1 - 2:30 p.m. Eating Well 5 - 7 p.m.</p>	<p><b>21</b></p> <p>Walking Group 9 - 9:45 a.m. Dental Health 10 - 11 a.m. Tobacco Recovery 1 - 2 p.m. Boundaries 1 - 2:30 p.m. Tame the Anxious Mind 2:30 - 4 p.m. Tobacco Recovery 4 - 5 p.m.</p>	<p><b>22</b></p> <p>Self-Coaching 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Mindfulness Meditation 12 - 1 p.m. The Tao of Pooh 12:30 - 2 p.m. Yoga 2:15 - 3:15 &amp; 3:30 - 4:30 p.m. "Teen" Anxiety Sucks 4 - 5 p.m.</p>	<p><b>23</b></p> <p>Walking at Prospect Pk. 9 - 10 a.m. Taking Charge of Diabetes 10:00 - 11:00 a.m. Beginning Quilting 12 - 1:30 p.m.</p>
<p><b>26</b></p> <p>Meditation 9 - 10 a.m. Tame the Anxious Mind 12 - 1 p.m. Dance, Rattle &amp; Roll 2 - 2:45 p.m. ACT Healthy 2 - 3 p.m. Walking Group 3:30 - 4:15 p.m. Weight Loss 4:30 - 5:45 p.m.</p>	<p><b>27</b></p> <p>Make &amp; Keep Friends 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Explore Your Creativity 10:30 - 12 pm Weight Loss 11 - 12:30 p.m. It Stinks 1 - 2:30 p.m. Eating Well 5 - 7 p.m.</p>	<p><b>28</b></p> <p>Walking Group 9 - 9:45 a.m. Tobacco Recovery 1 - 2 p.m. Dark Side of Light Chasers 12 - 1 p.m. Boundaries 1 - 2:30 p.m. Tame the Anxious Mind 2:30 - 4 p.m. Tobacco Recovery 4 - 5 p.m.</p>	<p><b>29</b></p> <p>Self-Coaching 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Mindfulness Meditation 12 - 1 p.m. The Tao of Pooh 12:30 - 2 p.m. Yoga 2:15 - 3:15 &amp; 3:30 - 4:30 p.m. "Teen" Anxiety Sucks 4 - 5 p.m.</p>	<p><b>30</b></p> <p>Taking Charge of Diabetes 10:00 - 11:00 a.m. Beginning Quilting 12 - 1:30 p.m. Saturday Classes 9 a.m. - 1 p.m. Food &amp; Fun 4/10 &amp; 4/24 Wellness on Wadsworth 4045 Wadsworth, Suite 80 (Lower Level) Wheat Ridge</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Meditation 9 - 10 a.m. Tame the Anxious Mind 12 - 1 p.m. ACT Healthy 2 - 3 p.m. Walking Group 3:30 - 4:15 p.m. Weight Loss 4:30 - 5:45 p.m.</p>	<p>4 Make &amp; Keep Friends 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Explore Your Creativity 10:30 - 12 pm Weight Loss 11 - 12:30 p.m. It Stinks 1 - 2:30 p.m. Eating Well 5 - 7 p.m.</p>	<p>5 Walking Group 9 - 9:45 a.m. Drugs, Alcohol &amp; Mental Health 11 a.m. - 12 p.m. Tobacco Recovery 1 - 2 p.m. Dark Side of Light Chasers 12 - 1 p.m. Dance, Rattle &amp; Roll 1:15 - 2 p.m. Tame the Anxious Mind 2:30 - 4 p.m. Tobacco Recovery 4 - 5 p.m.</p>	<p>6 Self-Coaching 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Mindfulness Meditation 12 - 1 p.m. The Tao of Pooh 12:30 - 2 p.m. Reach Out to Wellness 2:30 - 3:30 p.m. Yoga 2:15 - 3:15 &amp; 3:30 - 4:30 p.m. "Teen" Anxiety Sucks 4 - 5 p.m.</p>	<p>7 Taking Charge of Diabetes 10:00 - 11:00 a.m. Beginning Quilting 12 - 1:30 p.m.</p>
<p>10 Meditation 9 - 10 a.m. Tame the Anxious Mind 12 - 1 p.m. Planning Wellness Classes 2:00 - 3:00 p.m. ACT Healthy 2 - 3 p.m. Walking Group 3:30 - 4:15 p.m. Weight Loss 4:30 - 5:45 p.m.</p>	<p>11 Make &amp; Keep Friends 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Explore Your Creativity 10:30 - 12pm Weight Loss 11 - 12:30 p.m. It Stinks 1 - 2:30 p.m. Eating Well 5 - 7 p.m.</p>	<p>12 Walking Group 9 - 9:45 a.m. Drugs, Alcohol &amp; Mental Health 11 a.m. - 12 p.m. Tobacco Recovery 1 - 2 p.m. Dark Side of Light Chasers 12 - 1 p.m. Dance, Rattle &amp; Roll 1:15 - 2 p.m. Tame the Anxious Mind 2:30 - 4: p.m. Tobacco Recovery 4 - 5 p.m.</p>	<p>13 Self-Coaching 9 -10:30 a.m. Walking Group 9 - 9:45 a.m. Mindfulness Meditation 12 - 1 p.m. The Tao of Pooh 12:30 - 2:00 p.m. Gratitude 2:30 - 3:30 p.m. Yoga 2:15 - 3:15 &amp; 3:30 - 4:30 p.m. "Teen" Anxiety Sucks 4 - 5 p.m. MOVIE NIGHT 5:30 - 7:30 p.m.</p>	<p>14 Wheat Ridge Rec. Ctr. 9 a.m. Walk at Crown Hill Park 9 - 10 a.m. Taking Charge of Diabetes 10:00 - 11:00 a.m. Needle Arts 10 - 11:30 a.m. I'm Worth It! 10:30 - 11:45 a.m. Food for Talk 12 - 1:15 p.m.</p>
<p>17 Meditation 9 - 10 a.m. Tame the Anxious Mind 12 - 1 p.m. ACT Healthy 2 - 3 p.m. Walking Group 3:30 - 4:15 p.m. Weight Loss 4:30 - 5:45 p.m.</p>	<p>18 Make &amp; Keep Friends 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Explore Your Creativity 10:30 - 12 pm Weight Loss 11 - 12:30 p.m. It Stinks 1 - 2:30 p.m. Eating Well 5 - 7 p.m.</p>	<p>19 Walking Group 9 - 9:45 a.m. Dental Health 10 - 11 a.m. Drugs, Alcohol &amp; Mental Health 11 a.m. - 12 p.m. Tobacco Recovery 1 - 2 p.m. Dark Side of Light Chasers 12 - 1 p.m. Boundaries 1 - 2:30 p.m. Tame the Anxious Mind 2:30 - 4 p.m. Tobacco Recovery 4 - 5 p.m.</p>	<p>20 Self-Coaching 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Mindfulness Meditation 12 - 1 p.m. The Tao of Pooh 12:30 - 2 p.m. Yoga 2:15 - 3:15 &amp; 3:30 - 4:30 p.m. "Teen" Anxiety Sucks 4 - 5 p.m. Stress Management 4 - 5:15 p.m.</p>	<p>21 Taking Charge of Diabetes 10:00 - 11:00 a.m. Needle Arts 10 - 11:30 a.m. I'm Worth It! 10:30 - 11:45 a.m. Food for Talk 12 - 1:15 p.m.</p>
<p>24 Meditation 9 - 10 a.m. Tame the Anxious Mind 12 - 1 p.m. Dance, Rattle &amp; Roll 2 - 2:45 p.m. ACT Healthy 2 - 3 p.m. Walking Group 3:30 - 4:15 p.m. Weight Loss 4:30 - 5:45 p.m.</p>	<p>25 Make &amp; Keep Friends 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Explore Your Creativity 10:30 - 12 pm Weight Loss 11 - 12:30 p.m. It Stinks 1 - 2:30 p.m. Eating Well 5 - 7 p.m.</p>	<p>26 Walking Group 9 - 9:45 a.m. Drugs, Alcohol &amp; Mental Health 11 a.m. - 12 p.m. Tobacco Recovery 1 - 2 p.m. Boundaries 1 - 2:30 p.m. Tame the Anxious Mind 2:30 - 4 p.m. Tobacco Recovery 4 - 5 p.m.</p>	<p>27 Self-Coaching 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Mindfulness Meditation 12 - 1 p.m. The Tao of Pooh 12:30 - 2 p.m. Yoga 2:15 - 3:15 &amp; 3:30 - 4:30 p.m. Stress Management 4 - 5:15 p.m.</p>	<p>28</p>
<p>31 Memorial Day <i>wellness now!</i> Office Closed</p>	 <h1 data-bbox="1291 598 1421 1144">May 2010</h1> <p data-bbox="1429 808 1469 1354">For more information call (303) 423-2261</p>			<p>Saturday Classes - 5/8 &amp; 5/22 Food &amp; Fun 9 a.m. - 1 p.m. Jewelry Making 11 a.m. - 1 p.m. Wellness on Wadsworth 4045 Wadsworth, Suite 80 (Lower Level) Wheat Ridge</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
 <p>For more information call (303) 423-2261</p>	<p><b>1</b> Walking Group 9 - 9:45 a.m. Explore Your Creativity 10:30 - 12 pm Weight Loss 11 - 12:30 p.m. Self-Hypnosis for Anxiety 1 - 2:15 p.m. Comedy Corner 2:30 - 5 p.m. Eating Well 5 - 7 p.m.</p>	<p><b>2</b> Walking Group 9 - 9:45 a.m. Drugs, Alcohol &amp; Mental Health 11 a.m. - 12 p.m. Tobacco Recovery 1 - 2 p.m. Dance, Rattle and Roll 1:15 - 2 p.m. Tame the Anxious Mind 2:30 - 4 p.m. Tobacco Recovery 4 - 5 p.m.</p>	<p><b>3</b> Self-Coaching 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Mindfulness Meditation 12 - 1 p.m. The Tao of Pooh 12:30 - 2 p.m. Reach Out to Wellness 2:30 - 3:30 p.m. Yoga 2:15 - 3:15 &amp; 3:30 - 4:30 p.m.</p>	<p><b>4</b> Needle Arts 10 - 11:30 a.m.</p>
<p><b>7</b> Walking Group 3:30 - 4:15 p.m. Weight Loss 4:30 - 5:45 p.m.</p>	<p><b>8</b> Walking Group 9 - 9:45 a.m. Explore Your Creativity 10:30 - 12 pm Weight Loss 11 - 12:30 p.m. Self-Hypnosis for Anxiety 1 - 2:15 p.m. Comedy Corner 2:30 - 5 p.m.</p>	<p><b>9</b> Walking Group 9 - 9:45 a.m. Drugs, Alcohol &amp; Mental Health 11 a.m. - 12 p.m. Dance, Rattle &amp; Roll 1:15 - 2 p.m. Tame the Anxious Mind 2:30 - 4 p.m.</p>	<p><b>10</b> Self-Coaching 9 - 10:30 a.m. Walking Group 9 - 9:45 a.m. Tell Your Story 12 - 1:15 p.m. The Tao of Pooh 12:30 - 2 p.m. Gratitude 2:30 - 3:30 p.m. Yoga 2:15 - 3:15 &amp; 3:30 - 4:30 p.m. MOVIE NIGHT 5:30 - 7:30 p.m.</p>	<p><b>11</b> Wheat Ridge Rec. Ctr. 9 a.m. I'm Worth It! 10:30 - 11:45 a.m. Food for Talk 12 - 1:15 p.m. Jewelry Class 11 - 1 p.m.</p>
<p><b>14</b> Walking Group 3:30 - 4:15 p.m. Weight Loss 4:30 - 5:45 p.m.</p>	<p><b>15</b> Walking Group 9 - 9:45 a.m. Explore Your Creativity 10:30 - 12pm Weight Loss 11 - 12:30 p.m. Self-Hypnosis for Anxiety 1 - 2:15 p.m. Comedy Corner 2:30 - 5 p.m.</p>	<p><b>16</b> Walking Group 9 - 9:45 a.m. Dental Health 10 - 11 a.m. Drugs, Alcohol &amp; Mental Health 11 a.m. - 12 p.m. Boundaries 1 - 2:30 p.m. Tame the Anxious Mind 2:30 - 4 p.m.</p>	<p><b>17</b> Self-Coaching 9 -10:30 a.m. Walking Group 9 - 9:45 a.m. Tell Your Story 12 - 1:15 p.m. The Tao of Pooh 12:30 - 2:00 p.m. Yoga 2:15 - 3:15 &amp; 3:30 - 4:30 p.m.</p>	<p><b>18</b> Walk at Crown Hill Pk. 9 - 10 a.m. I'm Worth It! 10:30 - 11:45 a.m. Food for Talk 12 - 1:15 p.m. Needle Arts 10 - 11:30 a.m.</p>
<p><b>21</b> Dance, Rattle &amp; Roll 2 - 2:45 p.m. Walking Group 3:30 - 4:15 p.m. Weight Loss 4:30 - 5:45 p.m.</p>	<p><b>22</b> Walking Group 9 - 9:45 a.m. Explore Your Creativity 10:30 - 12 pm</p>	<p><b>23</b> Walking Group 9 - 9:45 a.m. Drugs, Alcohol &amp; Mental Health 11 a.m. - 12 p.m. Boundaries 1 - 2:30 p.m.</p>	<p><b>24</b> Walking Group 9 - 9:45 a.m. Tell Your Story 12 - 1:15 p.m. Yoga 2:15 - 3:15 &amp; 3:30 - 4:30 p.m.</p>	<p><b>25</b> Jewelry Class 11 - 1 p.m.</p>
<p><b>28</b> Meditation 9 - 10 a.m. Tame the Anxious Mind 12 - 1 p.m. Dance, Rattle &amp; Roll 2 - 2:45 p.m. ACT Healthy 2 - 3 p.m. Walking Group 3:30 - 4:15 p.m. Weight Loss 4:30 - 5:45 p.m.</p>	<p><b>29</b> Walking Group 9 - 9:45 a.m. Explore Your Creativity 10:30 - 12 pm Weight Loss 11 - 12:30 p.m. Self-Hypnosis for Anxiety 1 - 2:15 p.m. Comedy Corner 2:30 - 5 p.m. Eating Well 5 - 7 p.m.</p>	<p><b>30</b> Walking Group 9 - 9:45 a.m. Tobacco Recovery 1 - 2 p.m. Tame the Anxious Mind 2:30 - 4 p.m. Tobacco Recovery 4 - 5 p.m.</p>	<h1>June 2010</h1>	



**Jefferson Center for Mental Health**

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Wheat Ridge, CO 80033

*Address Service Requested*

**For Information:**

**Call (303) 423-2261 or**

**visit our web site at**

**[www.wellnessnowjcmh.org](http://www.wellnessnowjcmh.org)**

## Join us for **Movie Night**

**FREE** movies presented by 

**Thursdays, 5:30—7 p.m.**

**Jefferson Center for Mental Health  
9485 W. Colfax (Ground Floor Lobby)  
Lakewood**

### **April 15 — Star Trek**

J.J. Abrams resurrects the classic science fiction franchise created by Gene Roddenberry with this feature film that embraces the rich history of the influential television and film series while also exploring some uncharted territory. See the original characters as they start their careers in space with the Federation.

### **May 13 — All About Steve**

In this romantic comedy starring Sandra Bullock, a brilliant crossword-puzzle designer travels across the country in hopes of convincing a CNN cameraman that the pair is meant to be together, only to find her quest taking an unexpected turn.

### **June 10 — Julie and Julia**

Starring Amy Adams as an amateur chef who decides to cook every recipe in a cookbook by acclaimed celebrity chef Julia Child (played by Meryl Streep), in order to chronicle it in a blog over the course of a year.