

MARCH 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>Morning Meditation 9:00 – 10:00 a.m. Taming the Anxious. Mind 12:00 – 1:00 p.m. ACT Healthy – 2:00 – 3:15 p.m. Walking for Wellness 3:30 – 4:15 p.m. Weight Loss 4:30 – 5:45 p.m. (Wk 6)</p>	<p>Walking for Wellness 9:30 – 10:15 a.m. Exploring Your Creative Side 10:30 – 12:00 p.m. Weight Loss Support 11:00 – 12:30 p.m. Self-Hypnosis for Anxiety 1:00 – 2:00 p.m.. Smoking Cessation 4:30 – 5:30 p.m. Eating Well 6:00 – 7:15 p.m.</p>	<p>Walking for Wellness 9:00 – 9:45 a.m. Smoking Cessation 11:00 a.m. – 12:00 p.m. Dance, Rattle and Roll 1:15 – 2:00 p.m. Taming the Anxious Mind 2:30 – 4:00 p.m. Smoking Cessation 4:00 – 5:00 p.m. Grief & Loss 5:30 – 7:00 p.m. (Wk 2) Community Class</p>	<p>Coach Yourself for Change 9:00 – 10:30 a.m. Walking for Wellness 10:00 – 10:45 a.m. Where's My Wallet & Car Keys? 11:00 a.m. – 12:15 p.m. Book Club 12:30 – 2:00 p.m. Reach Out to Wellness 2:30 – 3:30 p.m. Gentle Yoga 2:15 – 3:15 p.m. Gentle Yoga 3:30 – 4:30 p.m.</p>	
8	9	10	11	12
<p>Morning Meditation 9:00 – 10:00 a.m. Taming the Anxious. Mind 12:00 – 1:00 p.m.. Planning Wellness Classes 2:00 – 3:00 p.m. ACT Healthy – 2:00 – 3:15 p.m. Walking for Wellness 3:30 – 4:15 p.m. Weight Loss 4:30 – 5:45 p.m. (Wk 7)</p>	<p>Walking for Wellness 9:30 – 10:15 a.m. Exploring Your Creative Side 10:30 – 12:00 p.m. Weight Loss Support 11:00 – 12:30 p.m. Self-Hypnosis for Anxiety 1:00 – 2:00 p.m. Smoking Cessation 4:30 – 5:30 p.m. Eating Well 6:00 – 7:15 p.m.</p>	<p>Walking for Wellness 9:00 – 9:45 a.m. Drugs, Alcohol & Mental Health 11:00 a.m. – 12:00 p.m. Smoking Cessation 11:00 a.m. – 12:00 p.m. Dance, Rattle and Roll 1:15 – 2:00 p.m. Taming the Anxious Mind 2:30 – 4:00 p.m. Smoking Cessation 4:00 – 5:00 p.m. Grief & Loss 5:30 – 7:00 p.m. (Wk 3) Community Class</p>	<p>Coach Yourself for Change 9:00 – 10:30 a.m. Walking for Wellness 10:00 – 10:45 a.m. Book Club 12:30 – 2:00 p.m. Gratitude Circle 2:30 – 3:30 p.m. Gentle Yoga 2:15 – 3:15 p.m. Gentle Yoga 3:30 – 4:30 p.m.</p>	<p>Wheat Ridge Recreation Center 9:00 a.m. I'm Worth it! Self-Esteem (On-going) 10:30 – 11:45 a.m. Food for Talk - 12:00 – 1:15 p.m.</p>
15	16	17	18	19
<p>Morning Meditation 9:00 – 10:00 a.m.. Taming the Anxious. Mind 12:00 – 1:00 p.m.. Dance, Rattle and Roll 2:00 – 2:45 p.m. ACT Healthy – 2:00 – 3:15 p.m. Walking for Wellness 3:30 – 4:15 p.m. Weight Loss 4:30 – 5:45 p.m. (Wk 8)</p>	<p>Walking for Wellness 9:30 – 10:15 a.m. Exploring Your Creative Side 10:30 – 12:00 p.m. Weight Loss Support 11:00 – 12:30 p.m. Self-Hypnosis for Anxiety 1:00 – 2:00 p.m. Smoking Cessation 4:30 – 5:30 p.m. Eating Well 6:00 – 7:15 p.m.</p>	<p>Walking for Wellness 9:00 – 9:45 a.m. Dental Health 10:30 – 11:30 a.m. Drugs, Alcohol & Mental Health 11:00 a.m. – 12:00 p.m. Smoking Cessation 11:00 a.m. – 12:00 p.m. Boundaries 1:00 – 2:30 p.m. Taming the Anxious Mind 2:30 – 4:00 p.m. Smoking Cessation 4:00 – 5:00 p.m. Grief & Loss 5:30 – 7:00 p.m. (Wk 4) Community Class</p>	<p>Coach Yourself for Change 9:00 – 10:30 a.m. Walking for Wellness 10:00 – 10:45 a.m. Tell Your Story 12 – 1:15 p.m. (Wk 1) Community Class Book Club 12:30 – 2:00 p.m. Gentle Yoga 2:15 – 3:15 p.m. Gentle Yoga 3:30 – 4:30 p.m.</p>	<p>Walking at Crown Hill Park 9:00 – 10:00 a.m. I'm Worth it! Self-Esteem (On-going) 10:30 – 11:45 a.m. Food for Talk - 12:00 – 1:15 p.m.</p>
22	23	24	25	26
<p>Morning Meditation 9:00 – 10:00 a.m. Taming the Anxious. Mind 12:00 – 1:00 p.m.. Dance, Rattle and Roll 2:00 – 2:45 p.m. ACT Healthy – 2:00 – 3:15 p.m. Walking for Wellness 3:30 – 4:15 p.m. Weight Loss 4:30 – 5:45 p.m. (Wk 1)</p>	<p>Walking for Wellness 9:30 – 10:15 a.m. Exploring Your Creative Side 10:30 – 12:00 p.m. Weight Loss Support 11:00 – 12:30 p.m. Self-Hypnosis for Anxiety 1:00 – 2:00 p.m. Smoking Cessation 4:30 – 5:30 p.m.</p>	<p>Walking for Wellness 9:00 – 9:45 a.m. Drugs, Alcohol & Mental Health 11:00 a.m. – 12:00 p.m. Smoking Cessation 11:00 a.m. – 12:00 p.m. Boundaries 1:00 – 2:30 p.m. Taming the Anxious Mind 2:30 – 4:00 p.m. Smoking Cessation 4:00 – 5:00 p.m.</p>	<p>Coach Yourself for Change 9:00 – 10:30 a.m. Walking for Wellness 10:00 – 10:45 a.m. Tell Your Story 12 – 1:15 p.m. (Wk 2) Community Class Book Club 12:30 – 2:00 p.m. Gentle Yoga 2:15 – 3:15 p.m. Gentle Yoga 3:30 – 4:30 p.m.</p>	<p>Saturday Classes 9:00 a.m. – 1:00 p.m. Food & Fun 3/13 & 3/27 Wellness on Wadsworth 4045 Wadsworth, Suite 80 (Lower Level) Wheat Ridge</p>
29	30	31	4/1	4/2
<p><i>wellness now!</i> Office Closed</p>	<p><i>wellness now!</i> Office Closed</p>	<p><i>wellness now!</i> Office Closed</p>	<p><i>wellness now!</i> Office Closed</p>	<p><i>wellness now!</i> Office Closed</p>

PLACE	MARCH 2010 CLASSES & DESCRIPTIONS
WOW	Morning Meditation , Nate Gates Begin your week with relaxation and calm. Learn basic mindfulness exercises and discuss how to integrate mindfulness into your day.
WOW	Dance, Rattle and Roll (Monday & Wednesday) , Lisa Fulk If you can move you can dance in this new 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. No previous dance experience is necessary, just the willingness to move and have fun.
WC (Mon.) WOW (Wed.)	Taming the Anxious Mind , Kathy Baur/Nate Gates Do you find yourself worrying about everything until it feels like your anxiety is out of control? Learn cognitive Acceptance and Commitment Training skills for taming the beast so you can move forward with more confidence. New skills are being taught weekly. This class is based on acceptance and commitment training.
WOW	Planning Wellness Classes , Jane Harris This class is geared to consumers who are interested in helping to design or revise Wellness services and provide feedback regarding the Wellness program.
WOW	ACT Healthy , Nate Gates Developing healthy habits of body and mind can be easier said than done. Apply the principles of Acceptance and Commitment training towards the often uncomorable choices that shape your health and well being.
WOW	Walking for Wellness (Monday, Tuesday & Thursday) , Maribeth Flanagan (Wednesday) Carla Rankin This group will occur outside as usual. However, when it is too hot/cold to walk outside we will meet inside for an opportunity to “move” in a cooler/warmer environment. Indoor exercises will include calisthenics, stretching and light aerobic activity. FREE Pedometer
WOW	Weight Loss , Maribeth Flanagan This educational class explores the nuts and bolts of weight loss, from how to achieve healthier eating habits to safely increasing activity levels. We will discuss common weight loss myths as well as provide students a chance to meet with a dietician one-on-one. Join this supportive group and start on your way to increased health and vitality.
WOW	Exploring Your Creative Side , Maribeth Flanagan Make time for creative expression in your life! Whether it be a collage, drawing, 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!
WC	Weight Loss Support , Kathy Baur No matter where you are on your journey towards health, if you need support in your effort to reach and maintain a healthy weight join us. In addition to basic nutritional information, the focus will be on behavioral changes that contribute to healthy weight. No weigh ins, just emotional support and helpful tools. There will be light exercise at each class. FREE Pedometer
WC	Self-Hypnosis for Anxiety , Kathy Baur Learn basic self-hypnosis skills to help manage your anxiety.
WOW (Tues 4:30) JCMH (Wed 11:00) WC (Wed 4:00)	Smoking Cessation , Nathan Gates If you are a tobacco user, the single most effective way to enhance your health, quality of life and pocketbook is to quit using. This ongoing class will help you enhance your motivation for quitting, set reachable cessation goals, and learn skills to help you become tobacco free.
Summit Ctr.	Eating Well , Nate Gates Eating well is a cornerstone of any wellness plan. It can also be a source of joy and fulfillment. In this class, learn to plan, prepare and cook healthy food, share a meal and discuss the role of food in our lives.
WOW	Dental Health , Jsane Harris This class will provide information on brushing, flossing, denture care and other useful facts regarding taking care of your dental health.
Cedar	Drugs, Alcohol & Mental Health , Kristen Thome Learn 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.
WOW	Boundaries , Kathy Baur & Maribeth Flanagan We will explore how to deal with difficult situations that may arise when you begin to establish and assert your boundaries with others. Practical, fun examples and real-life situations will be presented. We will offer time to practice your new skills with others in a fun, relaxed atmosphere.
WC	Changing Your Life With Coaching , Kathy Baur 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 seat of change and provide ongoing support.
WC	Where’s My Wallet & Car Keys? Kevin LaPrise Do you struggle with remembering directions, phone numbers, people’s names? This structured 8-week class will teach you a system in which to do this! Must be willing to commit to the full 8 weeks.
WC	Book Club , Kathy Baur Enjoy reading and discussing “The New Earth” by Eckard Tolle.
WC	Reach Out to Wellness , Kathy Baur and Kristen Thome This consumer created class is an informal opportunity for consumers to reach out to the community with volunteer opportunities, sending cards to support fellow consumers, and having access to Navigators to assist with resource questions.
WC	Gratitude Circle , Kathy Baur The simple act of gratitude can dramatically alter our lives. 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.
WOW	Gentle Yoga , Linza Douglas Join us for an 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.
Rec Ctr	Wheat Ridge Recreation Tour. Meet at the Rec Center: 4005 Kipling St, Wheat Ridge. RSVP Required – 720.898.0869
WOW	Walking at Crown Hill Park , Maribeth Flanagan “Please call 720.898.0869 to RSVP and get instructions about where we will meet.”
WOW	I’m Worth it! Self-Esteem Drop-in Group , Maribeth Flanagan 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. Come to this on-going class to learn how to “like yourself more than anyone else you know.”
WOW	Food for Talk , Maribeth Flanagan This fun interactive group 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. Join us for this fun, lighthearted experience.

Class Locations & Codes:

CEDAR – 9808 West Cedar Ave., Lakewood

WC -9485 W. Colfax, Lakewood

WOW - Wellness on Wadsworth, 4045 Wadsworth, Suite 70 (Lower Level), Wheat Ridge

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

Summit Ctr. – 3810 Pierce St., What Ridge

www.wellnessnowjcmh.org

Advanced Registration Required to secure your space and to have materials available.

To Register: 303.423.2261 leaving your name, phone number and class info.