

Wellness Group Calendar

Longmont- Coffman

January

2024

Monday

Tapping Into Your Creativity.
1:30-3 pm

Coffman Benefit and Tech hours
2:00—4:00 pm

Tuesday



NEW groups starting in
Mid February/ March.
Keep your eyes peeled.



Coffman Benefit and Tech hours
2:00—4:00 pm

Wednesday

Balancing All Sides: A Journey in Recovery.
9- 10 am

Thursday



Friday

Start the year with a new focus. Get support by joining a **group** at one of our sites or sign up for individual **Wellness Coaching.**

*What is the difference between a **resolution** and goal?*

Essentially, a resolution is something you will constantly be working toward, while a goal is specific and finite. Resolutions are made up of goals. While there is a difference between goals and resolutions, they are relevant and intertwined.

****MHP closed Monday January 1st and Monday Jan. 15th.**

****please plan ahead for your medication needs.**



Monday

Tap Into Your Creativity.

1:30-3 pm

Each week we will do art using various mediums. Visit local art displays. Connect with others. Meet in person.

Deb C 303-245-4481 and Deborah 720-237-4845

Coffman Benefit and Tech hours

2:00—4:00 pm

Drop in for assistance with benefits: food, housing referrals and insurance. And basic tech assistance. Bring your device.

529 Coffman St. Ste 200 Adult BHH or call to schedule 303-443-8500 X1525

Tuesday

Coffman Benefit and Tech hours

2:00—4:00 pm

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Most Common New Year's Resolutions

For 2024, the Forbes Health/OnePoll survey found some resolutions to be more common than others, with the most popular goals including:

- Improved fitness (48%)
- Improved finances (38%)
- Improved mental health (36%)
- Lose weight (34%)
- Improved diet (32%)

Less popular resolutions include traveling more (6%), meditating regularly (5%), drinking less alcohol (3%) and performing better at work (3%).



Wednesday

Balancing All Sides: A Journey in Recovery.

9– 10 am

Join us for an hour of support, practical learning and discussion topics geared towards folks in dual recovery. Meet in person.

Deb C 303-245-4481 and Deborah 720-237-4845

Thursday

WHAM: whole health action management

10-11:30 am

Goal setting and peer support.

held at the [Sherman office 834 S. Sherman St.](#)

- Decrease stress
- Improve eating & sleep
- Increase physical activity
- Develop meaning & purpose
- Strengthen social connections & support
- Build skills to increase positive thinking

Call Amy 720-381-7978 or Deb 303-245-4481

We offer Wellness Coaching one on one. **Are you ready to make some changes??** For more info about Coaching or to schedule: call your Wellness Coach: Deb C. 303-245-4481

