

Wellness Groups Calendar

Sherman Wellness Center

834 South Sherman Street, Longmont. Questions or to RSVP, call Amy 720-381-7978

DECEMBER



Wednesday

Nature Walks

10 to 11:30 am

Let's get out and
moving in the fresh air
and sunshine.
Experience nature &
wildlife.

Art Group

1:30 to 3:30 pm

Join us for supportive,
relaxing & fun creativity.

Thursday

Whole Health Action Management (WHAM)

10 to 11:30 am

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

Cooking Matters

2:30 to 4:00 pm

Learn, practice and
ENJOY! healthy &
delicious eating,
cooking, and food
budgeting.

Friday

Thrive Group

2:00 to 3:30 pm

Participate in activities related to a variety of wellness dimensions.

Play board games, tennis, shoot basketball hoops, dance, play ping pong, go on field trips, and do new things!



What is wellness?

Wellness is being healthy in many dimensions of your life. This includes emotional, physical, occupational, intellectual, financial, social, environmental, creative, and spiritual wellness.

Self Assessment:

How would you rate yourself on these nine dimensions of wellness?

Need coaching and support
related to
Wellness dimensions?
Need support for
Alcohol/drug/tobacco use issues?
Or want help learning and
practicing coping skills?

Call Amy Murray
720-381-7978

Mental/Emotional

Expressing feelings, coping with stress and emotional or mental challenges, managing mental health symptoms

Physical

A healthy body, physical activity, nutrition, restful sleep, obtaining health care services

Spiritual

Expanding a sense of purpose and meaning in life, including one's morals and ethics, beliefs and values (which may or may not involve religious activities)

Intellectual

Gaining and sharing knowledge by reading, discussing current events and ideas, brain exercises, exploring interests, developing hobbies, visiting museums and cultural events

Social

Developing satisfying relationships that provide connection, belonging, support, and intimacy

Creative

Expressing one's imagination, ideas, and artistic side through activities, such as art, writing, music, dance, cooking, woodworking, photography, and other crafts

Financial

Having financial resources to meet basic needs and control over personal finances, such as budgeting skills and improving financial knowledge

Environmental

Creating safe, pleasant, stimulating, and soothing personal environments

Vocational

Involvement in fulfilling employment, volunteering, or educational activities