



Journey to Wellness

LIFESTYLE CHANGE PROGRAM

Gain the tools you need to become a healthier you for life. This lifestyle change program will provide you with a full year of support to help you reduce your risk of future health problems like diabetes and heart disease, all at no cost to you.

For more information or to register,

call [720-266-2971](tel:720-266-2971)

or visit www.tchd.org/JourneytoWellness

or scan with your phone here!

TOPICS INCLUDE:

Eating Healthfully

Physical Activity

Weight Loss

Managing Stress

Overcoming Barriers

Finding Motivation for

Change

**See reverse side for
a list of upcoming
virtual and
in-person classes!**



Class Schedule

Summer 2022

Call 720-266-2971
or visit
www.tchd.org/JourneytoWellness

May In-Person - Monday Evening

Trail Winds Recreation Center, 13495 Holly St, Thornton
Mondays, starting May 2nd, 2022
5:30 - 6:30 PM

August Virtual - Thursday Lunch

Thursdays, starting August 17th, 2022
12:00 - 1:00 PM

All virtual classes are held via Zoom - call-in options or online access assistance available, and no prior Zoom or online learning experience needed.

Enrollment is open for the first four weeks of class if space allows. Call to confirm availability.