



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 Healthy
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

Winter 2022

Call 720-266-2971

or visit www.tchd.org/JourneytoWellness

January Virtual - Tuesday Evening

Tuesdays, starting 1/4/2022

6:00 - 7:00 PM

January In-Person - Wednesday Lunch

Margaret Carpenter Rec Center

11151 Colorado Blvd, Thornton, CO 80233

Wednesdays, starting 1/12/2022

11:30 AM - 12:30 PM

January OFM.Edu Hybrid Virtual & In-Person Class

In partnership with OFM Magazine

Special focus on LGBTQIA+ Health, Open to All

OUT FRONT Magazine Headquarters

3100 N Downing St, Denver, CO 80205

and Zoom

Tuesdays, starting 1/25/2022

6:00 - 7:00 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.