

Group Class



Group Class:

Wellness classes are offered for patient engagement of various non-traditional opportunities for patients to incorporate wellness wheel activities into their life.

A class is facilitated with a non-billable provider- some classes with our own staff and other classes facilitated through local partnerships within our community

Sustainability:

Group Classes are either offered for a nominal fee of \$2 (\$10 punch card for 10 classes), and mental and emotional support classes are often supported through engagement and increase of access for our patients and patients are not charged

Opportunities:

Currently offering cooking- Healthy Eating Class, Healthy Eating for Kids Class, Mindfulness Class, emotional and mental health support classes- Emotional First Aide, La Buena Vida, and movement classes- Zumba & Yoga.

Ability for children and bi-lingual classes offered in house, facilitated by our staff and local contributors, to bring services to those who don't have much opportunity in the community.

Challenges:

The ability to market often enough and keep group full. Team must have staff to do outreach and sell services, as well as, promote healthy marketing