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.