



## Behavioral Health & Wellness Program

University of Colorado Anschutz Medical Campus  
School of Medicine



## DIMENSIONS: Well Body Program

Our mission at the Behavioral Health & Wellness Program is to improve quality of life by facilitating evidence-based health behavior change for communities, organizations, and individuals.

1784 Racine Street, Mail Stop F478  
Aurora, Colorado 80045

Phone: 303.724.3713 Fax: 303.724.3717  
bh.wellness@ucdenver.edu

[www.bhwellness.org](http://www.bhwellness.org)



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### DIMENSIONS: Well Body Program

The DIMENSIONS: Well Body Program is intended to provide administrators, healthcare providers, and peer specialists the necessary knowledge and skills to promote physical health and well-being. This innovative program provides training on strategies for healthy eating, healthy activity, healthy sleep, and decreased stress as well as ways to promote positive behavior change through motivational engagement and behavior change strategies. **Based upon your training needs, the following evidence-based training components are available:**

#### Promoting Health for Priority Populations

This program provides detailed information designed to meet the needs of the general population as well as many high-risk priority populations who face health disparities or have specialized healthcare needs, including persons with behavioral health conditions, persons with criminal justice involvement, low-income populations, youth, and pregnant/postpartum women, among others.

#### Motivational Intervention

Trainees learn how to use and implement a 30-minute, semi-structured interview intended to explore readiness, set a focus, and motivate people to change their health behaviors. Trainees will learn how to move individuals through the stages of change and how to work with individuals who are not necessarily ready to change.

#### DIMENSIONS: Well Body Group

Trainees learn to facilitate the DIMENSIONS: Well Body Group. The role of the group is to build awareness about the importance of a healthy lifestyle and to create a positive social network. Trainees are provided the DIMENSIONS: Well Body Group curriculum, which includes all the resources, handouts, and lesson plans to run a six-week Well Body group.

#### Education and Awareness Building

Trainees will learn how to become wellness experts within their organization. Being a wellness expert means educating individuals with whom you work as well as providers and staff on the importance of engaging in healthy behaviors and maintaining a Well Body.

#### Community Referrals

Trainees learn to utilize existing resources to promote physical health and well-being. By referring to other community organizations or healthcare providers, trainees will be able to assist individuals to navigate potential barriers to health behavior change.

Please contact us so we can work with you to develop a training that best meets your organization's needs.