

WELL BEING CORNER

EMPOWERMENT THROUGH MIND & MOVEMENT

A WELLNESS SPACE FOR EVERYONE
TO BUILD CONFIDENCE, MANAGE
STRESS, AND GROW TOGETHER



SUMMER SESSIONS BEGIN IN JULY



TUES, WED, THUR: 1:30 PM - 5:45 PM



SATURDAYS: 10:30 AM - 2:45 PM



2026-27 SCHOOL YEAR SESSIONS



MON, WED, FRI: 4:45 PM - 6 PM



SATURDAYS: 1:30 PM - 2:45 PM



1635 PARIS ST, AURORA, CO 80010



AGES 10-26 | MIDDLE SCHOOL, HIGH
SCHOOL & YOUNG ADULTS

NO EXPERIENCE REQUIRED!

WHAT YOU'LL GAIN:

- ✓ MANAGE STRESS & ANXIETY
- ✓ BUILD CONFIDENCE & DISCIPLINE
- ✓ BOXING & MOVEMENT ACTIVITIES
- ✓ SUPPORTIVE MENTORS
- ✓ A SAFE SPACE TO GROW

CONTACT US:

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SCAN QR CODE TO SIGN UP!

