



Wellness Seminars and Activities

Our Coaches deliver group engagement activities, like wellness seminars and guided stretching and meditation, to engage populations in exploration around their health and wellbeing. Seminars and activities can be delivered onsite or virtually via video conferencing. Average length of a seminar is 30-60 minutes and is focused on practical application, so individuals leave the session with ways to actively improve their health.

Availability and pricing provided upon request.





Physical Activity and Injury Prevention



Back Injury Prevention Seminar

Next to the common cold, back pain is the second leading cause of missed work days in the U.S. Participants will learn about the common causes of back pain and injury, the relevant risk factors, and prevention strategies such as weight control, exercise, flexibility, and safe lifting and material handling techniques.



Benefits of Stretching Seminar

What is stretching and why is it so important to one's health? Participants will learn how stretching improves posture, reduces aches and pains, and decreases risk of injury. They will learn practical recommendations on how to add stretching into their daily routines. The presentation also provides viewers with sample stretches to do at work and home.



Components of Fitness Seminar

This presentation provides an overview of a complete fitness plan which includes cardiovascular and muscular endurance, muscular strength, flexibility, and balance.



Happy Feet Seminar

Many people suffer from foot issues, but there are ways that you can care for your foot health. Participants will learn about the foot anatomy, common injuries, and how to find the right shoe that fits.



Mindful Posture Seminar

Participants will learn how bad posture contributes to neck and back pain, as well as practical recommendations for how to use better posture when standing, sitting, talking on the phone, carrying weighted objects, and sleeping.



Overcoming Barriers to Exercise Seminar

Learn to overcome the most common challenges to sticking with an exercise routine. Your Wellness Coach will dive into the health benefits of exercise, make recommendations for physical activity depending upon your stage of readiness, and provide tips to common barriers to exercise. You will explore how time, travel, family and motivation can make an impact on your exercise habits.



Save your Knees Seminar

Learn about common knee injuries and osteoarthritis. Learn how to prevent injuries to the knee from occurring and what exercises are good for prevention.



Stretch & Flex

Pre-shift or department meeting stretches to improve flexibility, body mindfulness, and injury prevention.



Strive to Move Seminar

Take time to move, set S.M.A.R.T. goals for physical activity, and learn how to stretch before and after activities.





Preventive Care



Blood Sugar and Diabetes - What You Need to Know Seminar

This presentation helps to create awareness of the importance of having blood sugar tested regularly and how to interpret the results. Participants will learn what to look for, how the tests work, how to maintain a healthy blood sugar level, and how blood sugar tests can help to prevent certain diseases.



Blood Pressure Seminar

This presentation highlights the importance of addressing the risks for high blood pressure. By sharing the importance of including regular checks as part of your preventive care routine and coaching on lifestyle changes, we can really help make a difference.



Blue Zones Seminar

The Blue Zone Presentation shares experiences from David Beuttner as he traveled the world finding pockets of the population where people are living decades longer with less suffering from disease and disability. Participants will learn those lessons for living longer from those who are living the longest through healthier lifestyle behaviors. This presentation will also provide you a better outlook on your personal lifestyle behaviors as well as a worksheet to evaluate where you currently are with your health and direction to improve.



Body Composition Seminar

We'll take a look at statistics related to our body composition and then we will dive into what exactly is body composition by learning more about BMI, or Body Mass Index, as well as Body Fat. We will address why managing body composition is important by looking at risk factors that can be related to differing amounts of body mass, especially excess body mass. And finally, we will wrap up with healthy tips for maintaining your body composition within a healthy range.



Bone Health Seminar

Osteoporosis affects more than 28 million Americans. One in two women and one in eight men over the age of 50 will develop osteoporosis.



Building Healthy Habits Seminar

Thin bones are the cause of 1.5 million fractures a year. Bone density testing and eating foods that are known to aid bone health are some way to improve your chances of avoiding bone fractures.



Healthy Aging Seminar

This presentation reviews the factors and lifestyle choices that most impact our ability to remain healthy as we age. Participants will review the necessary age-appropriate preventive screenings, consider how the mind and social connection affects aging, as well as review the importance of physical activity, sleep, stress management, weight control and nutrition. In addition, there is a brief review of supplements and vitamins.



Healthy Holidays Seminar

In this presentation, participants will learn how to enjoy holiday treats and traditions without the weight gain. They will learn how to make smart and balanced food choices, how to include more physical activity, and other tools while still maintaining their health.



Heart Smart Seminar

Participants will learn about the heart and how it works, as well as discover the effects of heart disease and how it occurs. Most of the presentation focuses on how we can prevent heart disease and participants are challenged to consider their own lifestyle habits and how the information about heart disease is personally relevant.





Hydration and Sun Safety Seminar

This presentation helps to create awareness of the importance of proper hydration and sun safety. It reviews the benefits of water and the consequences of dehydration and outlines the standards for sunscreen and general rules for being outside in hot temperatures. Participants will learn why hydration is crucial, sun safety and how to properly identify which sunscreens to use.



Know Your Numbers Seminar

Participants will learn what the numbers and results from their physicals mean and how risk factors and reducing their risk is crucial to avoiding health complications. Explanation of each category of numbers and how to improve them with lifestyle behavior changes. Resources such as the wellness coach and any additional professional assistance is explained.



Navigating Change Seminar

This presentation will give an in-depth explanation of how each stage of change impacts emotions and action, what to do when road blocks happen, how to utilize external and internal motivation, and resources to navigate change most effectively.



The Pillars of Healthy Change Seminar

The Six Pillars of Healthy Change is an opportunity to consider where you are with your health and then explore where you may want to take your quality of life. Participants will learn how changes in certain key areas may impact health along with developing a plan for healthy change.



STEPS Tobacco Cessation Classes

The STEPS classes guide participants through the steps of

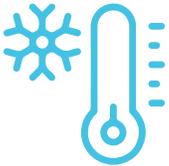
1. Learning about tobacco and health,
2. Increasing awareness of their personal relationship with tobacco,
3. Devising a successful quit plan, and
4. Achieving tobacco cessation.

STEPS is a stage-based approach to meaningful habit change. Coaches are trained to assess readiness to make a behavior change and to then choose the appropriate program materials most relevant to the participant's current readiness to quit tobacco, nicotine, smoking, or vaping. Classes and 1-on-1 coaching sessions are appropriate to all stages of change and help participants make progress no matter what stage of readiness they may be in.



The Key to Your Success is You Seminar

This presentation is about learning to overcome challenges by understanding key personality factors and how past successes will help shape future accomplishments. Participants will learn the path to success is within them and how to shape the environment around them for long-term success.



Winter Safety Seminar

Participants will learn safety tips for driving, holiday decorating & other outdoor activities. The presentation will also cover practical tips and precautions to be aware of during the colder weather, as well as mindfulness tips for staying safe, warm & healthy through the winter months.





Resiliency and Stress Management



Banish Your Winter Blues Seminar

Participants will learn how to set SMART goals for staying active throughout the winter months, including ways to enjoy outdoor winter activities. They will also receive practical tips on staying safe during the winter/cold weather months as well as managing mental health and stress through mindfulness.



Boost Your Immune System Seminar

Learn 8 ways to boost immunity through healthier habits. Your Wellness Coach will explore the components of health that can enhance the immune system. We will review and provide healthy tips for sleep, nutrition, exercise, weight control, hygiene, stress, tobacco use and alcohol use.



Managing Stress with Mindfulness Seminar

Participants will learn the basics regarding symptoms of stress and what triggers it. Then, they will learn practical strategies for using concepts of mindfulness to manage stress, and the difference between responding and reacting to stressful events.



Mindful Breaks Seminar

A mindful break is a short period of time, as little as 30 seconds, allowing us to clear our minds and be aware of our body in the present moment. This supports proper body mechanics, prevents injury, and releases built up tension and stress. This presentation will help you to recognize when a mindful break is needed and offer suggestions on how to add daily mindful breaks to your life.



Self-Care: Finding Balance for Better Well-being Seminar

During times of stress, we often neglect to take care of ourselves. Self-care is a key component for re-energizing the mind and body to recover from high stress and stay well. Our Wellness Coach will help you explore your self-care practices and develop a plan to promote better balance in your life. We will dive in deeper to consider the different components of your well being when creating a plan. The three components covered for balanced self care are physical, emotional and mental.



Optimizing Well-Being to Prevent Burnout Seminar

Burnout is real and impacts employees at all levels in an organization. It affects our physical and mental health, our ability to be present and focused, and our relationships at work and at home. We will discuss how to recognize burnout, what causes it, and how to resolve it. Engagement in life, work, and community is the key to prevention. We will share practical strategies to help individuals and leaders increase engagement and improve overall well-being.



Resiliency and Energy Balance Seminar

Participants will learn how to strengthen resiliency by managing emotions in response to challenges. The Energy Balance Worksheet will help you build resiliency by practicing energy-enhancing habits.





Resiliency and Positive Habits for Success Seminar

Our Wellness Coach will help you explore the skills of resiliency to increase your energy and commit to healthier habits. We will define resiliency and navigate through how you can make the shift to feeling more energized on your journey to becoming healthier. We do this through an exploration of the power of habits, and how you can create and sustain habits for building your own resiliency and maximizing personal energy for success.



Mindful Meditation and Deep Breathing Sessions

5-15 minutes guided meditation or breathing exercises for stress reduction and healthy relaxation.



Sleep Deprivation Seminar

Learn about healthy sleep hygiene and the health risks of sleep deprivation. Your Wellness Coach will focus on addressing quality of sleep while reviewing sleep deprivation, pre-sleep habits, sleep environment and how nutrition and exercise can also affect sleep. Recommendations will be given for health sleep habits and a perfect night's rest!



Well-being Support Seminar Series

Now, more than ever, we all need support to overcome stress and anxiety, improve our immune system through proper nutrition and self-care, and manage competing responsibilities with work and family care. Join our Wellness Coaches team to receive advice and support on managing and optimizing your health and well-being during this public health crisis. This well-being support focused series includes our offerings of Resiliency and Positive Habits for Success, Eating Nutritiously at Home, Self-Care: Finding Balance for Better Well-Being, and Optimize Immunity Through Nutrition.



Worker Fatigue Seminar

Sleep helps restore depleted energy, repair muscles and tissues, and reorganize and store information during the day. Sleep deprivation can cause accidents, impaired motor functions, impaired productivity, and impaired health. This presentation provides information on sleep mechanics, sleep disorders, and other solutions for worker fatigue.



Nutrition Seminars and Cooking Demos

Our Registered Dietitians deliver group engagement activities, like nutrition seminars and cooking demos, to engage populations in exploration around improved health through better nutrition. Seminars and activities can be delivered onsite or virtually via video conferencing. Average length of a seminar is 30-60 minutes and is focused on practical application, so individuals leave the session with ways to actively improve their nutritional habits.

Availability and pricing provided upon request.





Advanced Weight Management Series

This 10-week group program provides weekly in-person or virtual hour-long sessions filled with the latest research around weight management and facilitated support between participants wanting to achieve a healthy weight. Weekly seminars include: Healthy Eating 101, Decoding Food Labels, Navigating the Supermarket, The Truth Behind Fad Diets, Healthy Weight Behaviors, Metabolism Mystery vs Makeover, The Psychology of Eating, Curbing Nighttime Eating, Portion Sizes and Control, Eating on the Go



Conquer Your Cravings Seminar

Do you feel like you struggle with your food cravings? You're not alone. Statistics show that food cravings are experienced by 90% of the population. Our Registered Dietitian will discuss the causes of cravings and the best solutions to control them.



Cooking Demonstration - Tasty Recipe

Participants will learn healthy cooking methods while observing a tasty recipe being prepared by the facilitator. At the end, a small sample of the prepared recipe is available for tasting. Recipes to choose from prior to the event include: Carrot Cake Overnight Oats, Pumpkin Soup, Squash and White Bean Sauté, Butternut Squash, or White Bean Chili, Simple Stirfry, Healthier Mac and Cheese, Burrito Bowl Meal Prep, Quick and Easy Energy Bites, Vegan Pad Thai, Harvest Grain Bowl



Curbing Nighttime Eating Seminar

Participants will learn the causes and health impact of nighttime eating during this presentation. Tips and methods for controlling nighttime eating will be discussed in detail including metabolism, circadian rhythm and the impact on nutrition and health, and specific tips to reduce snacking at night.



Decoding Food Labels Seminar

Do you ever struggle with making sense of food labels? Let us help you decode food labels and turn them from a mystery into a helpful tool.



Diabetes Nutrition Series

This ten-week group program provides weekly in-person or virtual hour-long sessions providing food and nutrition recommendations for those with diabetes. In addition to the expert input, participants interact to support one another on their health journey. Weekly seminars include: Healthy Eating 101, Decoding Food Labels, Navigating the Supermarket, Sugar: The Good, The Bad, and The Needed, Carbs: Facts vs Fiction, Counting Carbohydrate Portions, The Truth Behind Fad Diets, Metabolism Mystery vs Makeover, The Psychology of Eating, Dining Out with Diabetes.



Eating For Chronic Disease Prevention Seminar

Did you know that 6 in 10 adults in the US have a chronic disease? Evidence shows that consuming a well-balanced diet that includes fruits, vegetables, whole grains and other anti-inflammatory foods plus teach you how to buy, properly store, and cook them so you can make them part of your routine!



Eating for Heart Health Seminar

Your heart health is greatly impacted by what you eat. Let us help you discover foods you should enjoy more of and which you should enjoy in moderation to protect your heart.





Eating Nutritiously at Home Seminar

Do you find yourself mindlessly eating while stuck at home? Are you trying your best to use your will power but feel like you are “failing?” Join our Registered Dietitian to learn tips and strategies to stay healthy at home. Topics include food safety, mindless eating, stress management, and intuitive eating.



Eating on the Go Seminar

Best practices and methods for incorporating healthy eating into a busy schedule are provided throughout this presentation. The overall importance of eating throughout the day to optimize metabolism will be highlighted along with specific ideas from each food group that can be used on the go for meals and snacks.



Eating Well Seminar

Participants will learn the benefits of proper nutrition and the fundamentals of healthy eating. They will also receive practical recommendations for portion control, meal planning, and calorie consumption.



Family Nutrition and Health Seminar

This presentation provides participants with strategies to keep the entire family healthy. Special attention is given to child health, including picky eating, weight issues, and eating disorders.



Fueling for Fitness Seminar

Learn how nutrition plays an important role to fuel your body to perform exercise and to recover from exercise. Participants will learn about the role of hydration, protein, and strong performance foods.



Guide To Vitamins and Supplements Seminar

Supplements can be quite expensive and knowing which ones to take can be confusing and overwhelming. Are they truly necessary? Does the benefit outweigh the cost? A Registered Dietitian Nutritionist can help make sense of it all and determine which supplements are right for you.



Happy New Year, Happy New Me Seminar

Tired of setting New Years goals that seem impossible to keep? A Registered Dietitian Nutritionist will teach you how to set realistic and effective goals that you can keep 365 days per year!



Healthy Eating 101 Seminar

Knowing what to eat can be overwhelming! We are bombarded with fads, diets, and ever-changing nutrition messages from numerous sources. Come and learn how to distinguish nutrition fact from fad and discover what true healthy eating is all about.



Healthy Weight Behaviors Seminar

Significant research exists identifying the most effective weight management methods. We will take a look at the outcomes and discuss practical ways to incorporate the methods into your routine.





Healthy Weight Series

This ten-week group program provides weekly in-person or virtual hour-long sessions filled with the latest research around weight management and facilitated support between participants wanting to achieve a healthy weight. Weekly seminars include: Healthy Eating 101, Decoding Food Labels, Navigating the Supermarket, The Truth Behind Fad Diets, Healthy Weight Behaviors, Metabolism Mystery vs Makeover, The Psychology of Eating, Curbing Nighttime Eating, Portion Size and Control, Eating on the Go



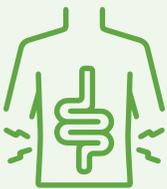
Love Your Gut Seminar

A Registered Dietitian will walk participants through understanding the correlation between nutrition and gut health. Prebiotics and Probiotic foods will be discussed.



Meal Prep Strategies Seminar

Interested in meal prepping for you and your family, but don't know where to start? Starting with a review of your pantry, freezer, and fridge staples, a Registered Dietitian will walk participants through best practices for quick and easy meal prep.



Metabolism Mystery vs Makeover Seminar

Do you eat healthy and exercise but still aren't reaching your weight goals? Do you feel tired all the time? Your metabolism plays a big role in your weight and energy levels. A Registered Dietitian Nutritionist will teach you how to eat to increase your metabolism and energy.



Navigating the Supermarket Seminar

The supermarket is packed with food options. A Registered Dietitian will guide you in becoming a savvy food shopper including how to shop the walls instead of the aisles and where to find the healthiest foods from each food group.



Nutrition Boot Camp Series

This ten-week group program provides weekly in-person or virtual hour long nutrition education sessions focusing on nutrition basics including reading food labels, navigating the grocery store, mindful eating, and more! Weekly seminars include: Healthy Eating 101, Decoding Food Labels, Navigating the Supermarket, The Truth Behind Fad Diets, Metabolism Mystery vs Makeover, The Psychology of Eating, Eating for Heart Health, Sugar: The Good, The Bad, and The Needed, Guide To Vitamins and Supplements, Survival Skills for Holiday Eating



Portion Sizes and Control Seminar

We will discuss portion sizes, portion control and how to determine the best portion sizes for you whether you are eating a meal, snack or treat. This presentation will go into the basics of healthy eating patterns, defined servings sizes of our main food groups, and how to apply that information to your food decisions.



Self Care Through Nutrition, Sleep and More Seminar

Do you feel like there are not enough hours in the day? It's easy to get overwhelmed by our hectic lifestyles. Our Registered Dietitian will explain how stress effects the body and how we can improve our health through self-care strategies.





Successful Summer Eating Seminar

Come and learn about healthy summer recipes, tools to stick with your nutrition goals while on vacation, and other helpful summer tips to keep you feeling your best all summer long.



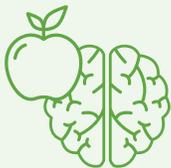
Sugar: The Good, The Bad, And The Needed Seminar

A Registered Dietitian Nutritionist will help you identify and explain hidden forms of sugar, how to reduce the amount of added sugars you consume, and will explain which sugars to avoid.



Survival Skills for Holiday Eating Seminar

Holidays are filled with celebrations and food. Let us help you master staying on track during the holidays while still enjoying yourself. You will leave with a clear plan on how to reach your health goals over the holidays.



The Psychology of Eating Seminar

Do you feel like you have all the willpower in the world and still don't always stick with your plan? Let us provide you with tools and tricks to overcoming eating challenges. A Registered Dietitian Nutritionist will cover mindfulness, intuitive eating, and stress management.



The Truth Behind Fad Diets Seminar

Want to lose weight but have trouble determining which diet actually works? Come learn from a Registered Dietitian Nutritionist the science and research behind current popular diets.



Women's Health Seminar

Women, like men, should enjoy a variety of healthful foods from all of the foods groups; however women also have special nutrient needs, and, during each stage of a woman's life, these needs change. A Registered Dietitian will walk you through them.