

Wellness Presentations

TITLE	DESCRIPTION	LENGTH
HEALTHY EATING SERIES (Classes may be requested individually or as a series.)	This four-class series focuses on learning to eat and cook healthier. Throughout this series you will learn the basics of nutrition, healthier cooking techniques, and how to make healthy substitutions. Classes will be offered once a month for four months.	Classes are 30 to 60 minutes each
Nutrition 101	An overview of nutrition basics including information about ChooseMyPlate.gov , the importance of portion control, and how to read a nutrition label to make healthier food choices.	60 minutes
Healthy Eating on a Budget	Can you eat healthy and stay within your budget? This presentation provides you with ideas on how to keep within your budget while still making healthy meals. Learn tips on shopping the sales, clipping coupons, and buying fruits and vegetables in season.	45 minutes
Healthy Cooking Basics	Learn simple tips on making meal time healthier and involving your family. There's information on stocking your pantry and how to substitute unhealthy ingredients with healthier alternatives. Participants will receive resources to help make their meals healthier.	45 minutes
Healthy Living* Healthy Recipe Rehab	Taught by Chef, Mary E. Ross, Healthy Recipe Rehab proves you can make the foods you love healthier—and just as tasty! Presentation includes unique cooking techniques, recipe remakes, substitutions, interactive group breakout session, cooking demonstration, and food samples*. A minimum of 20 participants is required. *Sample food costs are the responsibility of the group and are based on the number of guaranteed participants.	60 minutes
STRESS LESS SERIES (Classes may be requested individually or as a series.)	This interactive three-class series focuses on the impact of stress on your overall well-being and the benefits of learning to manage stress. Participants will practice different techniques throughout the series. Classes will be offered once a month for four months.	Classes are 30 to 60 minutes each
Mindfulness and Stress Management	Learn more about what mindfulness is and how this technique can help you manage your stress. During the class you'll also practice some mindfulness exercises.	45 minutes
Massage Ball and Stress Management	Am I stressed? Learn to recognize symptoms of stress and the importance of managing it. Hands on practice using massage ball techniques to manage your stress.	30 minutes
Health Benefits of Laughter	Lighten up your day with a quick laughter break. You'll learn how laughter can impact your physical, mental, and social health and practice tips to increase your laughter throughout the day.	45 minutes
GET MOVING SERIES	This three class series provides knowledge and demonstrations on a variety of ways to stay active. Classes will be held once a month for three months.	Classes are 30 to 60 minutes each
Stretches and Chair Yoga	Chair yoga can increase concentration, productivity, and efficiency and enhance circulation and relieve stress. Practice these stretches and make a plan to incorporate them into your routine.	60 minutes
Staying Active While Sitting at a Desk	If you spend your day at a desk this presentation is for you. Learn the effects of sitting all day and tips on how to be more active. You will practice exercises that can be done while sitting at your desk.	30 minutes
Strength Training 101	Strength Training can be new and intimidating for many. Join us for an overview of what it is, why it's important and how to fit it into your day. We'll leave time to do some exercises, so you'll leave a little wiser and a little stronger.	60 minutes
HOLIDAY SERIES (Classes may be requested individually or as a series.)	This four class series is the perfect way to connect during the holiday season. Wrap up the year having fun and learning tips for a healthier holiday season. The second of the four presentations focuses on starting off the New Year focusing on your wellbeing. These classes are offered individually or as a series: two for December and two for January.	30 to 60 minutes
Thrive, Connect, and Simplify	This presentation focuses on tips to make your holidays a little more jolly and less stressful. Includes ideas on service, balance, stress management, and connecting with others while staying healthy and safe.	60 minutes
Test Your Knowledge Holiday Style	In a Jeopardy-like format, this presentation challenges participants to test their knowledge of the winter holidays. It provides a creative way to learn and connect with your coworkers.	45 minutes
Winter Exercise	Exercising during the winter months can be challenging due to weather, motivation and time. Learn tips for overcoming these challenges and enjoying winter time exercise. Set a small step goal related to your winter exercise routine!	30 minutes
Setting Goals	Starting with small steps, learn the importance of aligning your goals with your values and how to determine your goal progress along the way. Lastly, we'll discuss the benefits of why creating a support system and small steps can help you reach your goals.	45 minutes

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INDIVIDUAL CLASSES		
Empathy: The Human Connection	What is empathy and why does it matter? Empathy is the ability to understand and share the feelings of another. Learn how to foster empathy—for others and yourself—which can drastically improve your work and personal life!	60 minutes
Healthy Families Presentation	In this presentation you'll learn easy strategies that will help your family create lifelong healthy habits. This presentation teaches tips and tricks to help families work together for a successful and healthy life.	45 minutes
Change and the Power of Positive Thinking	Do you have a growth mind-set? See where you are by taking a quick mind-set check up. Learn the power of mind-set and how it impacts your motivation to change.	45 minutes
Chronic Disease Self Management	This six-week class focuses on techniques on how to deal with problems associated with having a chronic condition such as frustration, pain and fatigue. It addresses appropriate exercise and how to balance between work and home life. The class meets twice a week for six weeks.	50 minutes
Complete Health	A great starting point for a balanced approach to health. Learn about the six dimensions to overall health, e.g., physical, spiritual, intellectual, social, emotional, and occupational health and participate in activities related to each dimension.	45 minutes
Core Nutrition Behaviors	In this presentation you will learn 10 tips for healthy eating. This presentation will elaborate on what, how, when and with whom you eat can help you have a healthful eating lifestyle.	45 minutes
Make Time for Self-Care	We've all heard about self-care, but what is it, and how do we do it? This presentation has you covered, showing you why it's important to take time for yourself, and the many ways you can practice self-care. Get ready for some fun interactive activities, including a short, guided meditation!	30 minutes
Guided Meditations	Make mindfulness a part of your day with our meditation series. These meditations are a great way to take a needed break from the normal workflow. Whether it's once a month or once a week for a given amount of time, we'd love to share these peaceful moments with you. These classes are usually scheduled once a week for 6 weeks.	15 minutes
Influence of Nature on Physical and Mental Health	Humans are significantly happier and healthier when they spend more time outdoors in nature. Learn more about how nature impacts your physical and mental health through your body's sense reactions, types of outdoor therapy, and recommendations for adding more nature into your life daily.	45 minutes
Plant Forward Eating	This informative presentation will help you gain a better understanding of how to make a plant-based diet work for you!	60 minutes
Summer Outdoor Safety and Activities	What's your favorite summer activity? Learn tips on how to be safe while participating in outdoor adventures. Plan a small step to be more active this summer.	45 minutes
Test Your Knowledge: Tips for Overall Wellness	In a Jeopardy-like format, this presentation challenges participants to test their knowledge of a variety of wellness topics. It provides a creative way to learn more about how to eat well, move well, feel well, be well, and live well. (Also available with an Eat This, Not That category).	60 minutes
What Happens When You Sleep?	A good night's sleep is crucial to performing well during the day, but what goes into a good night's sleep, and how can you get one? This class will teach you the basics and give you the tips you need to get some quality shut eye!	45 minutes

For successful scheduling and coordination purposes, SelectHealth requires a minimum of 45 days advanced notice. Due to the large volume of requests received, an employer may be limited to two health and wellness education classes every 12 months. If you choose a series it only counts as one class. Minimum size and participation requirements apply.

For more information or to schedule a class, call **801-442-6759** or email **health.management@imail.org**.