



Live Webinar Lineup 2023



Interactive live webinars drive education and awareness through a supportive group format. They are delivered by a health professional with expertise in health and wellbeing in 30-minute sessions (with time for Q&A). All webinars require a 4 to 6-week lead time to request. A recording of the live webinar can be provided for on-demand viewing later.

Diversity, Equity and Inclusion (DEI)

Explore Your Identities **(New!)**

It's easier to group people together rather than to figure them out as individuals. But that can lead to bias and discrimination. Challenge yourself to stand back and look at social identities in yourself and others. See how identities intersect and shape our lives. No one fits in a box.

Learn about Allyship **(New!)**

Certain groups of people face unjust treatment due to their identity. Allies are a key part of ending this treatment. Learn more about what allies do, and how you can be one.

Talk About Race **(New!)**

What is race and racism? How does it affect you and those around you? Learn how to talk about race and identity. Understand the impact it has on all our lives, whatever your skin color or background. Then take steps to put antiracism and inclusiveness into practice.

General

Body Positivity **(New!)**

In this session, participants will learn they have all the wisdom necessary to care for themselves from a state of nourishment, fitness and pleasure. We will do a short reflection on how their personal body story impacts themselves and others.

Healthy Minds: Declutter Your Space **(New!)**

Let's take a dive into how to conduct a mental health "spring cleaning" and declutter our minds. Clutter adds to stress which reduces productivity. Learn

techniques for eliminating clutter, building physical stamina as a result and how to create environments that will enhance overall wellbeing.

Healthy Screen Time for You and Your Kids **(New!)**

OMG! A lot of our lives take place online. You can make the most of it while also setting healthy screen limits for the adults, kids and teens in your family. Learn tips for communicating safely and setting boundaries IRL (in real life) and online.

Boost Your Energy and Fight Fatigue **(New!)**

Energy management can be a challenge in today's world where time is limited, stress levels are on the rise and energy levels are low. In this webinar, participants will learn the different types of energy we have and methods to support them. We will uncover how sleep, food, stress and exercise can affect energy levels in both positive and negative ways.

Family Health

Getting healthy as a family has been shown to have many benefits. In this webinar participants will learn why family health is important, discuss benefits of engaging in healthy choices as a family, learn simple steps you can take as a family to reduce risks of obesity and chronic disease, and discuss how to overcome obstacles to achieving family health.

How to Thrive, Not Just Survive

Wellbeing is much more than having a healthy body. Wellbeing is about thriving, not just surviving. It is not about being perfect but finding your balance wherever you are. In this webinar, we will define wellbeing and energy management, learn how to assess your own wellbeing and hear how to develop a personalized strategy and plan.

Creating Time and Space for What Really Matters

Participants will explore ways to create more time and space –physical, mental and emotional –in which to pursue those things that are most important to you. First, we will look at prioritizing the things that really matter. Next, we will offer suggestions on how to turn down the noise and reduce or remove the clutter and other obstacles that get in the way of a richer, more satisfying life.

The 9 Elements of Longevity

In this program participants will discover effective lifestyle habits and practices that contribute most to living a long, healthy life. Participants will gain insight into the importance of them and how to incorporate them into their current daily life.

Holistic Wellbeing: Mind, Body and Spirit

In this program, participants will discover that holistic wellbeing is an approach to life. We will discuss how our health is connected to the whole person and how we interact with our environment. Holistic wellbeing emphasizes the connection of our mind, body and spirit.

How Health Coaching Can Change Your Life

Learn how health coaching can help you in this webinar. We will discuss what health coaching is, our coaching approach, real world coaching examples, and how to schedule your first coaching session.

Complementary and Alternative Medicine

We've all seen the words "complementary", "alternative", and "integrative", but what do they really mean? This presentation will define what complementary and alternative medicine is, practices and products of complementary and alternative medicine, also known as CAM, and how you can take change of your health by being an informed consumer.

Making Time for Play

Play allows us to relieve stress and keeps us feeling young. Play also helps us develop and improve social skills. Encouraging time for play at work and at home can boost productivity and innovation. This webinar will offer you a variety of fun and engaging activities that you can incorporate into your workday with co-workers and at home with your family and friends.

Ergonomics: How to Sit and Stand Correctly at Work

Ergonomics is the study of how your body interacts with your environment when you perform a task or activity. No matter what the job is, the goal is to make sure that you are safe, comfortable and less prone to work-related injuries. In this webinar, you will learn the importance of good posture –how to sit and stand correctly, how to correctly set up your workstation and preventive care tips and recommendations.

Get SMART About Goals

The process of thinking about your own personal goals is very intentional –it helps you to identify what matters most to you, creates accountability, and gets you motivated to live your happiest, healthiest life. In this webinar, you will discuss why we set goals, where to start, explore motivation, define SMART steps, and finish with how to explore support and overcome barriers.

Laughter is Medicine

Laughter controls your brain and makes you smile! Studies show when we see someone laugh, the premotor cortical region of the brain, which prepares the muscles in the face to move, is activated. This webinar will discuss the short term and long-term benefits of laughter and discuss ways to cultivate laughter.

The Science of Supplements

Supplements are intended to supplement the diet. This webinar will discuss health claims and FDA regulations, labeling and type of supplements – vitamins/minerals, specialty supplements, herbals/botanicals, sports nutrition and weight management and hormone-based supplements. The presenter will conclude the presentation by discussing frequently asked questions related to supplements.

Quality Sleep from A to Zzz

This seminar will cover general information and myths about sleep as well as how sleep affects your health and fitness goals. The class will help participants learn how sleep benefits the body and recognize the symptoms and consequences of sleep deprivation. They will gain an understanding of the factors that can disrupt sleep and practical tips for sleeping well.

Healthy Sleep for the Off-Shift Employee Population

Research shows that 80% of all shift workers live with concerns or challenges such as dealing with chronic fatigue, maintaining a balanced diet, and coping with the stress of fluctuating work hours that isolate them from the rest of the “day” world. This seminar provides shift work employees with successful strategies and practical resources for living well with their work

schedule. Participants will be encouraged to share experiences and learn techniques to improve sleep, health, alertness and relationships.

Weight Management

Participants will learn how to achieve and maintain a healthy weight for the rest of their life by taking control of habits and making permanent lifestyle changes. Learn evidence-based strategies for success, physical activity and healthy nutrition.

Managing Your Weight for the Long Term

During this seminar, participants will discover the secrets to success: Identify what you eat, identify what to eat and make better choices for life. Eating moderate portions and building in physical activity will also be discussed as the best ways to lose weight and keep it off.

Mental Wellbeing

Mental Health vs. Mental Illness

Strong mental health refers to the presence of positive characteristics, rather than the absence of mental illnesses. It is more than just being free from depression, anxiety or other psychological issues. It influences how you think, feel, and behave every day. It affects how you cope with stress, overcome and recover from challenges, and build relationships. This webinar will discuss mental health versus mental illness, why mental health is so important, know the warning signs, ways to boost your mental health, dispelling myths on mental illness and where to find resources and support.

Keep Your Brain Sharp as You Age

Want to stay sharp as you age? In this webinar, participants will learn the benefits of participating in mentally stimulating activities and learn about lifestyle strategies they can do to stimulate brain growth, maximize their memory potential and stay on top of their game.

Thriving with Nature

Participants will discover how spending time in nature can reduce feelings of anger, fear and stress. Nature doesn't just make us feel better; it can improve our physical and mental health.

Purposefully Present

Purposefully present refers to a state of mind, body and spirit that you can achieve through mindfulness. What starts out as an exercise to relieve stress can, over time, become a daily practice that changes you, and ultimately changes your life. Join us in a deeper discussion into purpose, mindfulness, and how to implement these powerful methods of being into your own life.

Caregiver Stress and Burnout

A caregiver is someone who provides care for a person who needs extra help with medical or personal needs. It is typically someone with a chronic illness, disabling condition, or is an older adult who cannot care for themselves. You may not be able to get extra time, money or physical assistance, but you CAN get more happiness and hope. Learn the signs of burnout and how to avoid it in this webinar. Also, you will learn that you are not powerless, and we will discuss ways you can get help.

Breaking Through Burnout

Burnout is a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress. The signs and symptoms are subtle at first but become worse as time goes on. In this presentation, you will learn the signs and symptoms of burnout, the difference between stress and burnout, and find ways to take action to overcome the physical and emotional damage that burnout can cause.

Building Resiliency in Tough Times

Resilience is the ability to rebound from a setback or challenge –the ability to adapt in the face of adversity, trauma, tragedy, or stress. In this webinar, participants will learn about resiliency (what it is and what it is not), discuss the benefits of having resiliency/effects of not having resilience, and learn strategies to cultivate resilience.

Stress Management: Work Life Balance

Work-life balance can be defined in many ways based on the individual but having a work-life balance can allow the ability to stay productive and competitive at work while maintaining a happy, healthy home life. It allows us to have breathing space for ourselves every day. In this webinar, participants will have the opportunity to assess their work-life balance, identify consequences of an imbalanced lifestyle, discuss strategies to improve balance, and set the next steps to establish a work-life balance.

How to Bounce Back From Stress

Everyone experiences stress from time to time. Some people may cope with stress more effectively or recover from stressful events more quickly than others. Individuals experiencing chronic stress may struggle significantly in their daily functioning. In this webinar, participants will learn types of stress (physical, cognitive, emotional), discuss the stress cycle, and learn strategies to develop and build resilience when experiencing stress.

Mindfulness

Mindfulness is our ability to control our thoughts and be present, or in the moment. In this webinar, we will discuss why mindfulness is important, discover the benefits of mindfulness and learn simple techniques to practice mindfulness –both at home and at work!

Manage your Stress, Save your Life

Participants will become familiar with their personal stress symptoms and warning signs of distress. They will learn to understand the “fight or flight response” and how stress affects their bodies and their health. They will gain awareness of how thoughts can cause or worsen stress and learn methods for reducing stress

Improve Your Relationships with Better Communication

Better connect with your spouse, kids, friends, and co-workers to ensure trusting, respectful relationships. By learning these effective communication skills, you can create conflict-free environments with minimal frustration and increased problem-solving abilities. Audience members will learn what behaviors lead to conflict and techniques on how to resolve disagreements. They will gain an understanding about why they need to establish and respect boundaries as well as discuss how to create and maintain healthy relationships.

The Power of Positivity

Participants will discover some of the research that is known about positivity – what it is, what it isn't, the brain science behind positivity, and how you can

cultivate more positivity in your life for greater health and wellbeing.

Depression: Understand the Facts

In this webinar, we will take an in-depth look at depression, which is one of the most common, and most serious, mental disorders. We will look at what it is, what are the risk factors, what are the symptoms, and what are some of the therapies available to treat depression.

Ease Your Mind: Manage Anxiety

In this webinar, we will take an in-depth look at anxiety disorders, which rank among the most common, and most serious, mental disorders. We will look at what it is, what are the risk factors, what are the symptoms, and what are some of the therapies available to treat anxiety.

Put the Happy Back in Your Holidays

For most of us, the holidays come with their own “to-do” lists. In this webinar, participants will discover ways to better manage stress during the holiday season to enjoy one of the happiest times of the year.

Prevention

Know Your Health Numbers

Blood pressure, BMI, Cholesterol, Blood Sugar.... What do all these numbers mean? It can be easy to get lost in medical jargon but having a base level of health literacy can help! In this webinar, participants will learn about various health metrics and the recommended ranges for each.

Cancer Prevention

Research has come a long way in identifying screening tools that can help prevent cancer. This seminar explains the most common screening tests and the benefits of each. In addition, this session introduces emerging research and what is next on the horizon for screening methods. This class will identify the signs of cancer and help participants understand preventative measures through a discussion of 7 tips to reduce your risk.

Breast and Prostate Cancer: Get the Facts

This webinar will provide an overview of breast and prostate cancer statistics, symptoms, risk factors and screenings. The presenter will also provide lifestyle recommendations for cancer risk reduction to promote healthier habits for long-term prevention.

Healthy Bones, Healthy You

The human body has 206 bones! Our bones provide a framework for our body, protect our organs, anchor muscles, store minerals and produce blood cells. In this webinar, you will learn about why healthy bones are important, what affects bone health and how to have and keep healthy bones.

Conditions

All About Diabetes

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood sugar is your main source of energy and comes from the food you eat. This webinar will explain what diabetes is, how common is it, the different types of diabetes, what is pre-diabetes, long term health effects, symptoms, how insulin works, risk factors, test to detect diabetes and ways to

lower your risk for Type 2 diabetes.

Menopause: Hot Flashes to Hormones

In this webinar, you will learn and discuss menopause basics, common menopause experiences, and long-term health risks associated with menopause. The presenter will also review treatment options and lifestyle factors that can support menopause symptoms.

Back Health

Even the simplest tasks can seem nearly impossible if you have a back injury! In this seminar, participants will test their knowledge about back injuries, diagnosis and treatment. They will learn techniques to help avoid injury, speed recovery and learn specific exercises to help maintain back health.

Mind Over Pain

Pain is associated with a wide range of injuries and diseases – millions of adults suffer from daily pain. We will discuss in this webinar the definition of pain, the differences between acute and chronic pain, and common causes of pain and tips to help prevent pain and alleviate it.

On Your Feet – How to Prevent Foot Injuries

Your feet are your body's shock absorbers –approximately one-quarter of all the bones in the human body are in your feet. In this webinar, you will learn about common foot injuries, how to prevent foot injuries and how to find proper footwear.

Understanding Sleep Disorders

Various sleep disorders can disrupt the sleep cycle and diminish the quality of sleep. Poor sleep also affects the hormones regulating appetite, making it difficult to lose weight and contribute to high blood pressure and heart problems. Participants will learn about different health conditions such as Sleep Apnea, Restless Leg Syndrome, Insomnia and others that interfere with sleep patterns. Participants will learn various techniques to improve sleep, health, and alertness.

Quitting Tobacco, E-Cigarettes and Vaping

Quitting smoking is not an easy thing to do! We all know that tobacco use can lead to nicotine dependence and serious health problems. Vaping with E-cigarettes is not as safe an alternative as many think. This webinar will review the reasons why it is not. The good news is that tobacco cessation, in any form, can significantly reduce the risk of suffering from smoking-related diseases. Smokers can and do quit smoking. In fact, today there are more former smokers than current smokers. This webinar will support those that are contemplating a quit date.

Smoke-Free for Life

Participants will learn lifelong advice on how to remain tobacco free, adopting a tobacco-free lifestyle, how to deal with cravings, and 100+ things to do other than smoke.

Financial

Save More, Spend Less **(New!)**

From groceries to gas, just about everything we buy has skyrocketed in price. In this webinar, you'll get advice for tweaking your budget to adjust for these increases, while still having room for fun. From exercising on a budget to food

shopping to budget-friendly self-care ideas, you'll learn how to spend less so you can save more.

Financial Wellbeing

Participants will learn how to be more financially savvy and will learn the importance of budgeting, saving, and choosing the right financial institution and tools. Participants will also gain practical tips on setting and achieving financial goals they can stick with!

Money Myth Busters

Are you listening to all the financial wellness buzz out there and still not feeling financially fit? In this webinar, participants will discover some of the most common financial wellness myths and walk away with practical tips to keep their financial fitness on track!

The Road to Financial Wellbeing

Jump in and travel the road to financial wellness! In this webinar, we will explore financial needs and challenges that present at various stages of life, from that first "real job" to retirement, and including early career, marriage, family, etc.

Eating Healthy

Eating Healthy at Parties and Potlucks **(New!)**

Parties and potlucks are a fun way to spend time with friends, families and coworkers. In this webinar you will learn tips on how to make healthy food and beverage choices and how to be mindful with the amounts and types of

foods consumed.

Healthier, Budget-Friendly Food Shopping **(New!)**

Participants will receive information, tips, and resources empowering them to make smarter, healthier food choices when shopping for food, whether it's at a grocery store, dollar store, big box store or food pantry. Participants will learn how to create healthier meals using inexpensive staples, and tips for food shopping if living in a food desert.

Mealtime Tips for the Modern Family **(New!)**

Soccer practice at 5, PTA meeting at 7, science project due tomorrow ... sound familiar? It's easy to get into the habit of grabbing fast food on the run, but we all know that can be unhealthy. During this webinar, we will discuss manageable steps for getting your family to eat healthy meals together again – at least some of the time!

Healthy Snacking **(New!)**

Eating a healthy snack between meals can curb your appetite, keep your energy up and help feed your brain. In this webinar you'll learn the elements of a well-rounded snack, and get a few tips and recipes for easy, healthy snacks for at home or on the go.

Understanding Emotional Eating

Why do we turn to food when feeling stressed or down? Negative emotions may lead to a feeling of emptiness or void. Many of us use food to feel better, relieve stress and cope with sadness or even boredom. This webinar will identify your causes and triggers, find alternatives to avoid emotional eating and tips to practice regarding mindful eating.

Healthy Eating Made Simple

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and boosting your mood. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. This webinar will provide an overview of a healthy diet, nutrient-rich foods, a balanced eating pattern, and steps to apply a healthy balanced eating plan.

Intermittent Fasting Dos and Don'ts

The idea of fasting isn't a new trend. It has been going on for years! Research has been done on animals to study fasting. It is an eating pattern that cycles between periods of fasting and eating. It helps you focus on when you eat rather than what you eat. This presentation will explain the health benefits of fasting, side effects, the different types of fasting, and safety.

Mastering Meal Prep

Tired of last-minute dinner planning that often leads to fast food or complaints from the family? Mastering meal planning and prep can save you both time and money! In addition to learning about the benefits of meal planning and prep, participants of this webinar will walk away with helpful tools and resources to make the healthy choice the easy choice.

Micronutrients, Major Benefits

Nutrition is how food affects the health of the body. Food is essential –it provides vital nutrients for survival and helps the body function and stay healthy. In this webinar, you will learn more about how food supplies

micronutrients (vitamins and minerals) to serve a variety of critical functions to ensure that bodies operate at an optimal level.

Mindful Eating

Mindfulness is quite a buzzword of late, but have you heard of mindful eating? This webinar explores the differences between the need to eat and the desire to eat. Participants will learn the benefits of mindful eating in addition to developing personal strategies that can help navigate true hunger and emotional hunger as a part of your healthy goals.

Mind-Body Nutrition

Tired of the same old messages about food and nutrition? In this webinar, participants will learn more about the effect of the mind on eating habits, digestion and metabolism and explore new tools and techniques to help transform their relationship with food, improve digestion and energize their metabolism.

Understanding Nutrition Labels

Is what you are eating food or a lab experiment? Recognizing food ingredients and understanding nutrition facts labels can lead to healthier food choices. In this webinar, participants will learn how to make sense of food labels in addition to tips on interpreting the meaning behind popular food package claims.

Perks of a Plant-Based Diet

Fruits, vegetables, and fiber...OH MY! Participants will interactively learn about the importance of consuming a more plant-based diet. They will discover the importance of eating more fruits and vegetables, fiber, and whole grains. This

class is designed around a quiz the participants are asked to complete at the beginning of the class.

The Science on Popular Diets

This program offers a review of some of the most popular diets – differentiating their truths from false advertising. Participants will discover that sound nutritional principles encourage them to focus on moderation, portion control and exercise.

Getting Active

Get Fit for Free at Home **(New!)**

Money shouldn't be a reason to skip workouts. With an open mind and a little creativity, you can utilize what you have and begin your journey to a healthier you. Participants will learn alternatives to a variety of activities that will save both money and time. Discussion points include body weight training, home exercise equipment, and online videos.

Benefits of Strength Training

Strength training is an activity requiring resistance to cause muscles to contract with the expectation of increases in strength, tone, mass, or endurance. Strength training includes using resistance bands, weight machines, body weight exercises, or lifting dumbbells. The presenter will discuss the benefits of strength training, define reps and sets, injury prevention, free weights versus weight machines.

Fitness in 15-Minutes a Day

In this webinar, you will learn about the benefits and recommendations of physical activity with those who have limited time to exercise. Participants will

also learn how to measure exercise intensity, how to set SMART exercise goals, and how to overcome setbacks.

Get Fit, Don't Sit

Research has proven that many adults are sedentary for about 6–8 hours/day. In this webinar, we will review posture, sedentary lifestyle facts and its effects on our health and body. Participants will also discover strategies for how to be more active at work and at home.

HIIT: What is it?

What is HIIT? High Intensity Interval Training. It is training that alternates speed and recover intervals to increase the intensity of the workout. HIIT can be used by everyone! You don't need to be an athlete. In this webinar, you will learn the basics of HIIT, how to build a HIIT workout and the safety precautions.

Get Started with Exercise

One of the hurdles that gets in the way of starting a physical activity routine is the perception that exercise is an exhausting chore. This webinar will provide concrete tools to help participants move more. We will explore creative and exciting ways to fit in fitness.

Stretching for Better Health

Flexibility and mobility are a great way to take care of your body and reduce your risk of injury. In this webinar, participants will learn the benefits of stretching, how to do it safely and leave with some tips on how to fit stretching into their day.

Strengthening for Better Health

In this program, participants will learn about the benefits of muscle strengthening exercises and how to perform a variety of exercises properly. This is an interactive class where participants will practice each exercise with a qualified provider.