



# wellness workshops

MANAGER / CHAMPION SCHEDULED

**Schedule a healthy presentation for your work group.** Live Well Be Well's Wellness Workshops are FREE and available by request to groups of 6 more employees. All presentations can easily be tailored to compliment your next staff meeting or gathering. Contact [livewellbewell.nvly@kp.org](mailto:livewellbewell.nvly@kp.org) for more information or to schedule.

## **Fit at Work Workshop**

No time to exercise? Is work getting in the way of your best intentions? What if you could actually work out at work, on a short break, or even at your desk?

The Fit at Work Workshop presents creative ideas to better manage your physical health and energy along with tools to get results using a minimalistic workout approach. Participants will be given a free resistance band to use and keep.

## **Healthy Eating**

Decisions Decisions... Wishing you could / should eat better, but not sure how? What makes food choice so difficult? Why is it so hard to lose or maintain proper weight?

Learn the principles of good nutrition as they apply everyday decision making.

## **Laughter is the Best Medicine**

Why do people laugh? Why is it good for us? How can we get more laughter into our lives?

This workshop will explore the physiological and emotional significance and importance of this very human activity. Participants will learn tools for getting more laughter into their lives with the ultimate goal of living a more pleasurable, less stressed life. Come prepared to laugh!

## **Communicating Better**

What does an effective communicator look like? How can one become a better communicator?

This workshop covers how to perfect your communication style with anyone and how to convey the best intended message for maximum results.

## **Stress Less**

Why do we get stressed? Is stress always bad for us?

This workshop describes the body's "stress response," how to identify stress, how to change your response and helps participants combat the negative effects by providing an overview of stress management techniques.

## **Gratitude**

Practicing gratitude daily has a major effect on our overall health and wellbeing.

What are you grateful for? How does one "practice" gratitude?

Learn about the science supporting the importance of using this powerful human characteristic and strategies to incorporate gratitude into your daily lives.

## **Thriving Through the Holidays**

For many people the holidays are a mixture of excitement and dread. Can't wait to see family and friends and yet the travel or hosting can be very stressful.

Learn ways to stay healthy during the busy holiday season. Participants will receive tips for managing stress, healthy eating and maintaining a healthy weight during the craziest time of the year.

## **Sleep Better**

How much sleep is enough? How can you get enough sleep?

Insomnia is a major health problem effecting millions of people. This workshop looks at the sleep cycle and insomnia. Strategies will be taught to learn to sleep better.