

NUTRITION



Little Changes Add Up: Setting Yourself Up For Success! Research shows that individuals make over 200 subconscious food choices each day. No matter how much knowledge you hold, the environment around you greatly impacts your food choices and health.



Nutrition 101: Food impacts how we feel, our energy levels, and health status. It even influences how well we function every day. Nutrition is both a pure science and social science.



Bottoms Up: What we drink is just as important as what we eat. Calories from beverages count but are often overlooked. Learn how healthy hydration could be the key to maintaining a healthy weight.



Eat Well Live Well: Common advice like staying home if you do not feel well, regular handwashing, and wearing masks are excellent ways to protect ourselves, but did you know eating a nutrient-rich diet could aid our immune systems to fight off viruses and other invaders, too?



Diets Debunked:

Diets are everywhere, and it can be tempting to fall for the quick-fix solutions that make promises too good to be true. Learn how to determine if a diet will deliver results, as well as what to consider before changing your diet.



Cooking for a Lighter Weight of Life: Explore ways to obtain all daily nutrients without going over your calorie goals, all while saving time and money cooking and eating at home.



Colorful Connections: Learn why it's important to have a variety of produce in your diet and how you can sneak a few extra servings in each day to reach the recommended 5-9 servings.



De-mystifying Nutrition Labels: Life is busy and reading nutrition labels is often put in the "too hard to figure out" shopping basket. The good news is that anyone can become a food label whiz.



Eating Healthy on the Go: Eating healthy on the go can feel challenging but it does not have to be! Learn how to get your vegetables, fruit, and fiber when you are on the move.



Nutrition for Diabetes: Whether you are pre-diabetic or diabetic, understanding how foods and beverages impact glucose levels is key to maintaining good health. Explore meal plan strategies, snack spacing, as well as how to count carbohydrates.

MIND-BODY



Gratitude: Key to a Good Attitude: Scientific research is providing that gratitude is a game changer! Learn how an attitude of gratitude can strengthen relationships, improve physical and emotional health and help you sleep.



Self-Care 101: Self-care is not selfish, and it is important, yet many times it is a last priority. Learn how to put yourself first at least once a day to enhance all areas of your life and maximize well-being.



Unplugged: We live in a world of constant connection which can lead to constant distraction. Learn why it's important to unplug and how an hour a day away from mindless browsing and toggling can help you recharge.



Food & Mood: Mood changes the way we eat and what we eat changes our mood. Instead of tracking calories and various nutrients, think about how tracking your emotions can identify ways to eat healthier and feel more energized.



Mindfulness Matters: Being mindful and paying attention to the choices you make, how you feel physically and emotionally, and how you respond to stress is key to maintaining optimal health. Discover ways to use mindfulness in everyday situations and encounters.



Address Your Stress: Everyone experiences stress and benefits from stress reduction techniques. Learn how to rethink daily stressors and identify healthy ways to cope with stress.

FINANCIAL



Money Matters: Without clarity and confidence, money can often be a source of stress and anxiety. This training helps you understand the importance of taking action in your financial life as well as equip you with practical tools and resources.



Your Financial Future: Retirement consists of piecing together a big puzzle, composed of a variety of different resources, to ensure you have enough to live the life you want. This educational session will arm you with information needed to clarify your path to a successful retirement.



Protect Your Wealth and Wishes: Estate planning is the process of designating who will receive your assets and handle your responsibilities after your death or incapacitation. Estate planning can help establish a platform you can fine-tune as your personal and financial situations change. The key question to ask yourself is: How do you want your assets distributed if you die or are incapacitated?



5 Barriers to Securing Your Financial Future: Gain valuable insights, practical strategies, and actionable steps to break free from common barriers that get in the way of securing financial wellbeing. Whether you're just starting your financial journey or looking to enhance your financial well-being, this training will provide base knowledge for building a stronger financial foundation.

MISCELLANEOUS WELLNESS



Goal Getter: When was the last time you focused on a goal or intention? People who set goals with detailed action plans are most likely to find success. Learn tricks and tools to help you obtain success and see results.



Good Health Essentials: The key to overall well-being is balance across different dimensions of wellness and being informed. Taking all aspects of health into consideration is the first step toward a healthier you!



Just Move It: We know that sitting is the new smoking so it's important that we find ways to accidentally exercise throughout the workday. Find out ways to get moving and stay moving to reach your wellness goals.



Change Your Weights: The approaches to achieving and maintaining a healthy weight are endless and one size does not fit all. Find out how to approach your weight in a healthy and realistic way.



Rest for Success: Learn why sleep is important and how it can help you maintain a healthy weight, find more energy for fitness, and be more productive at work.



Fitness Fundamentals: Regular physical activity is one of the most important things adults can do to improve health. In this training, you will learn how to incorporate physical activity safely into your routine to maintain overall health.



Ergo-Know-How: Understand the four key components of ergonomics at an office desk and beyond. Learn how the basic skills of furniture and accessories can lead to a healthy sit or stand workstation.



Love Your Brain: Did you know: your brain processes over 70,000 thoughts every day? It is a highly complex organ that determines every aspect of your life. Keeping your brain healthy and fit is just as important as your heart!



Love Your Heart: Love Your Heart: Your habits, personal health history, and family history all impact how well your heart works. The good news: you are never too old, or too young, to embrace a healthy lifestyle.