

# Living Well<sup>SM</sup> Workplace – Menu of Programs and Services

Our comprehensive list of programs and services offer you a variety of ways to bring holistic wellness to your workplace and beyond. Our health consultants are available to help you pick out wellness events and activities that best fit you and your employees' needs. These programs support all aspects of well-being from stress management, to healthy eating, physical activity and more. We have a variety of ways we can deliver these programs depending on your workplace environment. From webinars, to workshops, multi-week sessions, information booths, mini chats, to-go kits and more. We're able to tailor these programs to fit your workforce.

Please follow-up with your account executive who will connect you to a health consultant to discuss these exciting opportunities and how we can best support your wellness initiatives.

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## Program Delivery Methods

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**1-Hour program**

**Minis**

**Make and Take**

**Information and Demonstration Station**

**Cooking Demonstrations**

**To-Go Kits**

**On-site Screenings**

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# Program Descriptions



## Condition Management

### **AGING WELL (\$400/session)**

Learn how to eat healthier, live a longer life and look fabulous! Discover what foods boost your energy levels throughout your workday and your workouts. Instead of buying expensive anti-aging creams and lotions, eat those vitamin-rich foods that will help you age gracefully.

### **BONING UP ON YOUR HEALTH (\$400/session)**

This session looks at the foods that play a critical role in preventing osteoporosis, maintaining a healthy heart, as well as reducing your risk for diabetes, cancer and high blood pressure.

### **DIABETES AND YOU (\$400/session)**

Millions of people in the US have been diagnosed with type 2 diabetes. We are now seeing type 2 diabetes affect children at a young age. Participants will learn about diabetes, how it is diagnosed, how to interpret lab values, and learn basic nutrition recommendations. Participants will also learn how to read food labels and ingredients lists to ensure that they are consuming high-quality carbohydrates in order to help prevent the onset of diabetes.

### **FOOD ALLERGIES AND INTOLERANCE – WHAT'S THE DIFFERENCE? (\$400/session)**

Is a wheat allergy the same as celiac disease? If I am lactose intolerant, can I ever eat cheese? This program will help you understand the difference between food allergies and food intolerances and how our body responds to both. You will learn why your stomach grumbles after eating dairy, what may cause migraines for some people after drinking red wine and how to reduce your risk for developing these responses.

### **FLU CLINIC (Price is determined annually)**

The influenza vaccine can help prevent significant

illness and loss of work time every year. The flu is a very contagious viral infection of the nose, throat, bronchial tubes and lungs. Symptoms of the flu include fever, chills, achiness, cough and headaches. It is recommended that people who are at a high risk get the flu vaccine every year. To ensure maximum effectiveness, flu immunization clinics are typically scheduled from November through December.

### **HEART DISEASE AND HYPERTENSION (\$400/session)**

Millions of people in the US have been diagnosed with heart disease and hypertension. Participants of this program will learn about each of these chronic diseases, learn how to interpret key lab results and learn about risk factors to help prevent the onset of these diseases. This program will also include tips on how to improve daily nutrition intake to help decrease the risk of having heart disease and hypertension.

### **MEN'S HEALTH (\$400/session)**

Men have different health concerns versus women. Why do men lose weight easier? Do men process stress differently? For all men and those who have a man in their life!

### **WELLNESS COACH (\$150/hr)**

When it comes to your health, having the right support at the right time can make a big difference in setting and reaching your goals for improvement. A Wellness Coach can help participants make informed decisions about lifestyle management opportunities and will work with the participant to set realistic goals. Areas of concentration include blood pressure control, weight management, exercise, cholesterol management, nutrition, smoking cessation, stress reduction and life balance.

**UNDERSTANDING GASTRO-ESOPHAGEAL REFLUX DISEASE – GERD (\$400/session)**

Participants of this program will learn techniques on how to manage the symptoms of GERD and the discomfort of heartburn due to acid reflux. Lifestyle modifications and strategies for managing this chronic condition will be discussed. Topics covered in this program include:

- Identifying specific foods that can promote acid reflux
- Understanding that GERD symptoms can mimic cardiac conditions
- Recognizing that obesity makes it harder to control reflux
- Learning to manage triggers, including activity patterns that can provoke heartburn

**WOMEN’S HEALTH (\$400/session)**

Most women experience a variety of physical and emotional changes as a natural part of the aging process. This program will be offered just for women, focused on navigating their bodies’ changes and maintaining good health from mid-life into the senior years. Discussion will include topics such as how to maintain a healthy weight and have a confident body image at all ages and stages of life, the truth about metabolism and aging, optimal nutrition tips for managing stress, hormonal changes and much more.



**Ergonomics**

**BACK CARE BASICS (\$400/session)**

Eighty percent of all people experience back pain at some point in their life, and it is frequently associated with significant disability and absenteeism. This comprehensive back care program focuses on general prevention and self-care techniques to maintain maximum back health, as well as recommendations based on the worksite requirements. The participant will gain the knowledge they need to avoid (in some cases) unnecessary and sometimes costly medical interventions.

**ERGONOMICS FOR EVERYONE (\$400/session)**

This session teaches participants how to reduce strain through proper and ergonomically sound positioning and specific strain reducing exercises. The program emphasizes healthy back care, raises awareness of risk factors for back problems, and

provides practical tips on the prevention and treatment of back pain. All programs can be tailored to address the specific workplace function and environment.

**WEEKEND WARRIOR (\$400/session)**

Injuries often happen when we are doing everyday tasks, especially when we try to jam too many chores into one day or weekend. In this program we will discuss some of the common household activities that can lead to injury, how to perform them with less risk, and what you can do to prevent them.

**WORKPLACE EXERCISE (\$400/session)**

Learn how to do simple exercises throughout the day to keep your neck and back healthy. This interactive program teaches participants how to incorporate exercise at their desk or in the workplace.



# Exploring Complementary Practices

## **ACUPUNCTURE (\$275/hr, 2-hour minimum)**

This is an interactive opportunity for you to learn about acupuncture, the benefits, and how it can be useful to you! During this session a participant will have the opportunity to learn how a trained, skilled practitioner can stimulate the specific points on the body by inserting very thin needles into the skin. The needles that are used in acupuncture treatments are relatively pain free. These needles are regulated by the FDA, are sterile, nontoxic, and are one time use only.

## **AROMATHERAPY**

### **(\$450/session plus material cost)**

Aromatherapy, or essential oil therapy, uses a plant-based aroma-producing oil (essential oil) to treat disease and lifestyle conditions. In this interactive session, participants will learn how various types of essential oils can be used for stress relief, immune system strengthening, pain alleviation, as a sleep aid, and much, much more.

## **CHAIR MASSAGE (\$115/hr, 2-hour minimum)**

For many people, everyday stresses build up in the form of tension in the back, neck, and shoulders. At this worksite event, a licensed massage therapist can help relieve that tension. With less stress, workers are more productive and return to work feeling refreshed.

## **REFLEXOLOGY (\$400/session)**

Reflexology is generally relaxing and may be an effective way to alleviate stress. It is the application of pressure or massage with specific thumb, finger and hand techniques without the use of oil or lotion. The application is applied to areas on the feet, hands, head and ears that are reflex points linked to every part of the body. The theory behind reflexology is

that these areas correspond to organs and systems of the body. Participants tend to feel relaxed, warm and a lightness in the body after a session.

## **YOGA (\$175/session)**

Yoga has been shown to provide many health benefits. It burns calories and improves strength and flexibility, all while offering deep breathing and relaxation. This program is great for beginners and advanced students alike. Concepts and principles are reviewed, and personalized instruction in breathing, movement and yoga poses are taught. Participants will gain a greater understanding of the various forms of yoga and how to incorporate it into their lives. Participants should bring a large towel, water, and wear comfortable loose clothing. Multi-session available upon request.

## **INTRODUCTION TO MINDFULNESS:**

### **(\$750/60–90 minute sessions)**

Mindfulness meditation practices refer to the deliberate act of paying attention in the present moment through the observation of thoughts, emotions and body states. Through mindfulness, participants have experienced a reduction in stress, increased ability to focus, increased resiliency, improved engagement in physical activity and a more positive outlook on life. We'll show your employees how mindfulness can work for them and what meditation has to do with it.



# Interactive Programs and Cooking Demonstrations

## **BLENDING FOR HEALTH**

**(\$450/session plus \$5/person)**

Blending versus juicing...what's the best choice? Both blending and juicing your fruits and vegetables are hot topics right now. Are you wondering what combinations of fruits and vegetables work best? What should you avoid? How often should you have one of these drinks? What about fruit...can it cause you to gain weight? We will cover these topics and more. There will be a few yummy concoctions to taste and recipes for you to try at home. Suggested options: "Green Monstah", Mixed Berry, Pumpkin Spice.

## **COOKING DEMONSTRATIONS**

**(\$450/session plus \$5/person)**

Learn how to integrate healthy choices into everyday life! Shopping smart, eating healthy, and being creative are all covered in this 1-hour program. These health and wellness cooking sessions demonstrate the preparation of recipes in front of attendees. You will learn how to identify ingredients, make time & cost effective choices, discuss the health benefits related to ingredients and discover alternative substitutes. All participants will be provided with a taste of each recipe. Suggested options: Plant Based Eating, Antipasto Zoodle Salad, Mason Jar Meals, Overnight Oats, Five Minute Gazpacho and Nourishing Nibbles.

## **INFUSED WATER HYDRATION STATION**

**(\$250/hour plus material cost, 2-hr minimum)**

Are you drinking enough water? Or drinking too much soda? Fruit infused water is a great way to ensure you are staying adequately hydrated. Get creative with fruits, vegetables and herbs to make your water bottle more interesting and delicious. Enjoy your water even more with these fun recipes and ideas.

## **MAKE AND TAKE: CREATING YOUR OWN PERSONAL HYGIENE PRODUCT**

**(\$450/session plus material cost)**

Creating your own body care products can be very rewarding for a variety of reasons - such as having control over ingredients, being able to customize according to your preferences, reducing waste, saving money and reducing the use of chemicals, artificial colors and additives in your household. This session looks at the health benefits of making your own products and teaches participants the tips and tricks to creating a perfect customized product for them. If making your own personal care products isn't for you, this program will help you identify the worst offending chemicals in your personal hygiene products. Come to this interactive session and make your own customized personal care product. Additional recipes will be available.

## **MAKE AND TAKE: TOXIC FREE CLEANING AGENTS (\$450/session plus material cost)**

Learn to protect your family from harmful chemicals by making non-toxic household cleaners. These homemade cleansers cost pennies to make, get your house gleaming and best of all, they're made from natural ingredients and don't contain any potentially toxic chemicals. This interactive "make and take" demonstration provides participants with everything they need to know and how to get started without being overwhelmed! Participants will make their own customized cleaner and will be provided with recipes, tips, tricks and secrets to keep homes clean and safe.

**SEEDS TO HARVEST**

**(\$450/session plus material cost)**

Planting herbs from seed is a simple, fun way to enjoy a fresh supply of herbs in your kitchen year-round. Herbs can easily be grown indoors. Most herb seeds will germinate (sprout) in less than three weeks. The key to success is understanding the plants requirements and taking a few simple steps to ensure they receive what they need.

**SOUPING IS THE NEW JUICING:**

**BLENDER TO BOWL (\$450/session plus \$5/person)**

Just like salad, having a bowl of soup can provide a multitude of health benefits, including adding nutrient packed vegetables to your diet. Soups are easy to digest, easy to prepare, affordable, and a great way to get added vitamins. Employees learn techniques to make tasty soups with a small number of healthy ingredients. Suggested recipe samples: Gazpacho, Honey Dew Melon Blueberry, Sweet Red Pepper.

**SPICE OF LIFE (\$450/session plus material cost)**

Are you interested in spicing up your meals? Would you like to get your family to try new spices and herbs? Every day herbs and spices do more than enhance the flavors of foods! They can protect against cancers, diabetes and heart disease. This interactive program will help you introduce new spices to your family, identify how to use these spices with different foods and create more flavorful meals without the addition of salt and/or sugar. Come to this interactive session and receive a spice blend mix along with recipes to take home and share with your family!

**NOURISHING NIBBLES ON THE GO TABLE**

**(\$275/hour plus material cost, 2-hr minimum)**

Learn how to choose healthy snacks to keep you energized throughout the day. Healthy food samples, recipes, and product examples will be available. Suggested options: nut butter energy bites, home-made hummus, healthy popsicles. Samples are up to 25 participants per hour.



## **Nutrition and Weight Management**

**AT PEACE WITH FOOD (\$400/session)**

This program starts you on a journey to develop a new relationship between you and the food you eat. Instead of being marked by frustration and disappointment, you begin to learn how to place food as only one of the many activities in your life, along with being with family, friends, working and playing. And, like these activities, it will be enjoyable. Like all relationships, this one took time to develop, and it will take time to change. Please join us and let's learn how to be at peace with food.

**CHOCOLATE, GREEN TEA AND STRAWBERRIES**

**(\$400/session)**

What do they have in common? This session discusses how the phyto-chemicals in foods can heal and help prevent disease.

**"CLEAN EATING" MADE EASY (\$400/session)**

"Clean Eating" is the practice of including only whole foods in your everyday eating style and avoiding processed and refined foods. This session discusses the principle of clean eating and how it will keep you healthy or help you regain your health if you haven't been feeling well.

**TO SUPPLEMENT OR NOT SUPPLEMENT**

**(\$400/session)** This session looks at the world of dietary supplements. It discusses how to choose a safe dietary supplement, when to take a dietary supplement and what to be aware of when choosing a dietary supplement.

**COOKING TO YOUR HEALTH'S CONTENT**

**(\$400/session)**

This session provides basic and practical cooking tips to maximize your health while making your meals and snacks appealing, tasty and healthy.

**EATING FOR HIGH ENERGY (\$400/session)**

Ever feel a little sluggish mid-afternoon? Tired of reaching for treats and coffee to maintain your energy? In the program, you will learn how your mitochondria affect your energy levels, what to eat to maintain high energy levels and other tips to keep you at your best all day!

**HOW FOOD CAN AFFECT YOUR MOOD**

**(\$400/session)**

Have you ever felt sluggish after lunch? Are you having difficulty falling asleep at night? You may be able to fix these problems by making some simple changes in your eating style. This session looks at how the foods you eat can affect how you feel and what you can do to maximize your energy level and feeling of well-being.

**FERMENTED FOODS AND THEIR BENEFITS**

**(\$400/session)**

Fermented foods such as miso, Kimchi and sauerkraut are prebiotics that help keep the gut healthy. This session looks at what fermented foods are and how you can make them at home as well as how pre- and probiotics help keep you and your belly healthy!

**FITNESS AND FOOD (\$400/session)**

Participants will learn about the dietary guidelines and physical activity recommendations. Learn how easy it can be to incorporate good, healthy foods and physical activity into daily life.

**FUNCTIONAL FOODS: WHY SHOULD WE EAT THEM? (\$400/session)**

Functional foods are foods that have a potentially positive effect on health beyond basic nutrition. They can promote optimal health and help reduce the risk of disease. This session looks at common functional foods and how to incorporate them into your everyday eating style.

**IT'S NOT WHAT YOU EAT, IT'S HOW MUCH YOU EAT (\$400/session)**

Ever wonder why you can't lose weight when you are eating all those healthy foods? Do you know what is truly a single serving? We will review how to read food labels as well as take a look at what exactly is considered a serving size. It's probably much smaller than you think.

**INTUITIVE EATING (\$400/session)**

This interactive seminar teaches a non-dieting approach to healthful eating. Participants will learn how to identify hunger cues, fullness, and emotional eating and develop skills on how to fuel the body without diets but rather by listening to what it is saying.

**NOT JUST WHEAT (\$400/session)**

There is more than just wheat to eat. This session looks at alternative grains such as quinoa, bulgur and barley, to name a few, and provides you simple and easy ways to incorporate them into everyday life.

**NUTRITION MYTHS (\$400/session)**

Are oysters really an aphrodisiac? Does Vitamin C prevent colds? Do grapefruit and vinegar really burn fat? Is red meat really bad for the heart? We'll dispel common nutrition myths and get to the real nutrition truths once and for all.



**ORGANIC FOODS: ARE THEY HEALTHIER OR NOT?  
(\$400/session)**

This session helps you decide if organic food is for you. We will look at some of the myths and facts surrounding this important topic. This session will provide some of the best available information to make these decisions.

**PLANT-BASED EATING MADE EASY AND TASTY!  
(\$400/session)**

A plant-based eating style helps you lower your risk of many diseases such as diabetes, heart disease, obesity, cancer and high blood pressure. This session looks at practical ways to incorporate more plant-based foods into your menu planning, shopping and cooking routine. We will also discuss various types of vegetarian eating styles.

**PRACTICAL WAYS TO EAT ON A BUDGET  
(\$400/session)**

Learn tips on how to choose healthy foods while stretching your dollar in the supermarket.

**DAILY HABITS THAT KEEP YOU HAPPY  
AND HEALTHY EVERY DAY (\$400/session)**

A healthy diet, adequate exercise and sleep as well as stress management are important to keeping you happy and healthy. In this program learn how these four components can affect your overall health and simple things you can do every day to stay healthy.

**EATING ON-THE-RUN (\$400/session)**

Learn how to choose the right foods at your local restaurant/coffee shop. This program is fun, easy and a must if you are constantly on-the-run!

**HIGH/LOW FATS, CARBS AND PROTEIN  
(\$400/session)**

Learn about fats – the different types including coconut oil, and current recommendations, understand the pros and cons of low carb diets and gluten free diets, and how much protein you need.

**HOW TO EAT ORGANIC ON A BUDGET  
AND KEEP A 'GREEN' HOME (\$400/session)**

Learn how to shop for 'green' organic foods in your town inexpensively, learn where foods come from and how to clean your home with safe cleaners vs. ammonia and bleach that are strong toxic chemicals

**HOW TO PACK A HEALTHY LUNCH  
(\$400/session)**

Participants will learn simple tips on how to pack a healthy lunch for work or for school.

**FIGHTING INFLAMMATION (\$400/session)**

Stress, exposure to toxins and lack of exercise can contribute to inflammation, but diet is a big part of it. Learn which dietary choices can help decrease inflammation.

**SUGAR VS. SUGAR SUBSTITUTES (\$400/session)**

Sugar sure tastes good, but is it as unhealthy as the media would make it seem? Sugar substitutes can taste just as sweet, but are they safe? In this program, participants will learn about the pros and cons of various types of natural as well as artificial sugars. They will learn about the health effects different types of sugar have, and at the end, will be able to make an informed decision about how to best sweeten (or not) their food.

**SUPER SEEDS (\$400/session)**

Although seeds are little, they are nutritional powerhouses and are found in various forms—beverages, bars, juices and breads to name a few. This session looks at the various types of seeds, ways to prepare them and which ones deliver the most health benefits.

**TIME VS. ENERGY: HOW TO HAVE A MORE PRODUCTIVE DAY (\$400/session)**

Do you ever wish there was more than 24 hours in a day to get everything done? Unfortunately, you can't change the time in a day but you can get more energy and accomplish more during the day. This session looks at how good nutrition affects the four energy domains: physical, emotional, mental and spiritual. You will also learn practical tactics of eating for energy management.

**VEG OUT (\$400/session)**

In this interactive seminar, you will learn about the health benefits of vegetables and easy ways to incorporate them into your diet.

**6-WEEK FEED YOUR HEALTH THE MEDITERRANEAN WAY! (\$400 per 1-hour session) MINIMUM 5 SESSIONS/1-HOUR WEEKLY SESSIONS**

This program is a 6-week fun and tasty program based on the principles of the Mediterranean diet. The Mediterranean diet is a plant-based eating style that has been credited for its cardiovascular benefits, weight loss outcomes and disease risk reduction. This is a diet rich in olive oil, nuts, beans, fish and fruits and vegetables, and has been found to be palatable, doable and have great health benefits!

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## Physical Activity

**CONDITIONING FOR YOUR GAME (\$400/session)**

Are you someone who participates in physical activity in your spare time or do you want to enhance your weekend golf, basketball, or tennis game? This interactive program works through stretching and strengthening exercises that will improve anyone's game. By stretching and strengthening specific muscles you can create better stabilization, mobility, and power to the core and lower body. This program shows you how to start with the basics and build strength to avoid injury and improve your game!

**EXERCISE AND ENERGY (\$400/session)**

Exercise is important for everyone. Do you hate to exercise? What type of exercise is the best? How much is too much and how much is too little? Focus on balance and energy in your life and learn about how to incorporate exercise into your life for your total wellbeing.

**FITTING FITNESS IN (\$400/session)**

Learn how to include fitness in your daily life. This program will help you develop a personal action plan. Topics will also include the benefits and barriers, readiness to exercise and making time.

**FLEX, STRETCH AND STRENGTHEN (\$400/session)**

Take your fitness to a whole new level with this program. You will work muscle groups in patterns that will condition you for the things you do in real life! No more straining your back while you shovel or while you take out the trash. This type of activity helps stabilize the joints, improve strength and increase blood flow. You will feel completely energized by the hour's end and improve the condition of your body with a combination of core training, strength training, flexibility and agility. Participants are encouraged to wear comfortable clothing.

## **Physical Activity, *continued***

### **FOAM ROLLER (\$400/session)**

Stretching is very beneficial and cannot be neglected. But in the case of muscle knots, stretching alone is not enough. The foam roller is an inexpensive, yet highly effective way to treat and prevent the most common injuries seen in laborers, runners, weekend warriors or your average desk worker. This program will introduce the foam roller and show you how to properly use it to treat various muscle aches and pains as well as utilizing it for spinal stabilization exercises. Please wear comfortable loose clothing.

### **GET READY, GO! (\$400/session)**

Feeling out of shape? Participants will learn how to successfully get in shape from a health professional. Each participant will gain an understanding of the importance of warming up and stretching, along with tips about how to stay healthy and maximize the cardiovascular benefits of their activities.

### **NO PAIN WITH GAIN (\$400/session)**

Research shows being active helps reduce stress, improve energy level and reduces your risk for diseases. This session provides practical tips participants can do throughout their day to become more active and healthier.

### **RESISTANCE TRAINING (\$400/session)**

Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—including heart disease or arthritis—often benefit the most from an exercise program that includes strength training a few times each week. Strength training, particularly in conjunction with regular aerobic exercise, can also have a profound impact on a person's mental and emotional health. Resistance bands offer an easy, low cost and effective way to add strength training to your exercise program. Participants will learn how to use a resistance band to perform basic exercises that will work the major muscles of the body. Participants are encouraged to wear comfortable clothing.



## **Sleep Solutions**

### **SLEEP FOR HEALTH (\$400/session)**

Sleep is an essential component for maintaining good health. Sleep helps restore both the body and mind. Lack of sleep contributes to higher levels of stress, irritability, lack of concentration and even weight gain. This program will review the different phases of sleep (REM and non-REM) and describe common sleep problems or forms of insomnia. There can be many causes of sleep disturbance, but the most frequent cause is worry and anxiety. This program will also outline what you can do to help prevent sleep disturbance and how best to handle the problem once you have gone to bed.

### **SLEEP: FROM A-ZZZS (\$400/session)**

Getting adequate sleep is one of the most important things we can do to stay healthy, but many people don't get enough. This program will cover general information and myths about sleep as well as how sleep affects your health and fitness goals. You will leave with practical, healthy sleep tips and relaxation techniques that can be used to get better night's sleep, tonight.



# Stress Management

## **LIFE BALANCE: A PLACE FOR EVERYTHING (\$400/session)**

Managing family, work, and other commitments is challenging for most people. It is also typical to forego the most vital elements of our lives when we are under stress or over-extended. This workshop helps participants find time for important, but neglected, areas of their lives. Participants will also learn how to get the most out of their time and live more satisfying, complete lives. Topics include: "multi-tasking pitfalls," mindfulness, re-creation and habit-forming techniques. Help your employees achieve a sense of balance and watch their happiness and productivity soar!

## **HAPPINESS: A RECIPE (\$400/session)**

More than an emotion, happiness is a skill that can be learned. Drawing from the latest research in the field of positive psychology, participants will discover the essential "ingredients" of happiness. They will de-bunk deeply rooted happiness myths and formulate new, empowering definitions. Employees will learn how to change their perspectives on people and events and how to take back ownership of their emotions. "Happiness: A Recipe" will help participants to utilize their character strengths, develop gratitude, find meaning and gain resiliency. From "Scrooge" to "Pollyanna," this program is sure to please all!

## **OVERCOMING PROCRASTINATION – DO IT NOW! (\$400/session)**

Feeling overwhelmed with unfinished tasks? Learn several simple techniques that allow you to conquer your avoidance behavior, easily organize your life, find more energy and accomplish more than you could ever dream possible. What you resist, persists. Do it now and feel good about yourself!

## **RESOLUTIONS WITH STAYING POWER (\$400/session)**

Many of us start projects or new endeavors with strong intentions and high hopes, only to have them dwindle along the way. In this session, you will: explore why resolutions fail, identify five important components of a good resolution, learn how to put the power back into your resolution and harness it for use each and every day. Apply this new concept of "resolution" to any new endeavor, whether it is a work project or personal goal or, yes, even the start of a new year.

## **PRESSURE POINT (\$400/session)**

A general stress management program that will engage participants in learning more about stress as a general concept, identify where their stress comes from and learn more about how to prevent stressful situations.

## **STRESS MANAGEMENT MULTI-SESSION (\$400 per 1-hour session)**

### **MINIMUM 5 SESSIONS/1-HOUR WEEKLY SESSIONS**

This multi-session behavioral change program creates an understanding of stress and builds upon the available techniques to manage it.

## **STRESS AND THE IMMUNE SYSTEM (\$400/session)**

Too much work? Not enough sleep? Living off Starbucks? Learn how prolonged stress affects the body, possibly causing health problems. Learn how to balance work and home life, including solid, easy to follow nutrition tips to live a longer, happier life.

**STRESS MANAGEMENT USING SELF-TALK  
(\$400/session)**

Self-talk is a powerful practice that helps participants develop a more positive attitude towards stress management. This program will help you create a new mental state that will allow you to acknowledge the negatives, embrace the positives and manage all the gray areas in-between.

**EVERYDAY STRESS MANAGEMENT (\$400/session)**

In this program, participants will learn positive and appropriate coping skills to handle the stresses of everyday life.



## **Tobacco Awareness**

**SMOKING CESSATION USING SELF-TALK  
(\$400/session)**

Self-talk is a powerful practice that helps participants develop a more positive attitude towards quitting smoking and the stresses associated with it. This program teaches participants how to use self-talk to quit smoking.

**STRATEGIES FOR QUITTING SMOKING/  
(\$400/session)**

Just thinking about quitting smoking can be overwhelming for many people. In this program, participants will learn how to prepare both mentally and physically for the process of quitting smoking. They will leave with new ideas and a sense of support for making this important step towards healthier living.

**QUITTING SMOKING: A SELF-HELP APPROACH  
(\$400 per 1-hour session)**

**MINIMUM 5 SESSIONS/1-HOUR WEEKLY SESSIONS**

Most people are aware of the risks of smoking, but that often does not make quitting any easier. This multi-session program is designed to inform participants about the methods of preparing to quit smoking, tools to stay quit, and relapse prevention resources to promote successful behavior change that can be sustained.

Topics to be covered include:

- Facts and fiction about smoking and quitting
- Harnessing and increasing the desire to quit
- Triggers and coping strategies
- Personalizing a quitting plan
- Coping with withdrawal
- Life after cigarettes



## To-Go Kits (customized kits available upon request)

### **PORTION CONTROL KIT (\$10/kit plus shipping cost)**

Do you know what an actual portion size is? Learn simple tips on how to make healthy choices and healthy changes. Kit includes lunch bag, portion control containers, tip card and food log.

### **RESISTANCE TRAINING KIT (\$10/kit plus shipping cost)**

Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—including heart disease or arthritis—often benefit the most from an exercise program that includes strength training a few times each week. The Resistance Training kit includes the following: zippered back pack, resistance band, educational materials and sports water bottle.

### **SLEEP TO-GO KIT (\$10/kit plus shipping cost)**

Sleep is an essential component for maintaining good health. The lack of sleep contributes to higher levels of stress, irritability, lack of concentration and even weight gain. There can be many causes of sleep

disturbance but the most frequent cause is anxiety and worry and environmental factors such as light and noise. The Sleep To-Go Kit includes earplugs, a mask and an essential oil to help start the journey to better sleep.

### **STRETCHING TO-GO KIT (\$10/kit plus shipping cost)**

Stretching is an integral part of muscle health and can keep our bodies feeling younger. Having a tool to remind us of its importance is helpful. Incorporate use of the stretching strap every day to loosen up tight muscle groups and maintain and improve muscle health. Kit includes cinch bag, stretching strap and instructional brochure.

### **YOGA TO-GO KIT (\$10/kit plus shipping cost)**

Yoga is a practice focused upon creating balance in the body by developing both strength and flexibility. There are many different styles of yoga practiced today, though almost all involve systematic movement through postures or poses. Incorporate the use of this kit with daily yoga poses. Kit includes mat, carrying case and instructional brochure.



## Work/Life Balance

### **BALANCING WORK AND FAMILY (\$400/session)**

Juggling the demands of children, home, a partner, work and community can be overwhelming. This program focuses on how to manage these many important responsibilities. By reducing our stress level, learning how to set priorities, delegating

and managing time more efficiently, we are able to achieve a better balance. Topics covered in this program include examining our expectations, personality dynamics that interfere with reducing our stress and managing our time.

**CAREGIVING 101 (\$400/session)**

Caregiving for elderly parents or relatives is an extremely stressful task—mentally, physically, and emotionally. Caregivers are generally ‘on call’ 24/7, with very little help from other family members. Care giving, as many caregivers find out, can be a physically and emotionally demanding, draining, and frustrating task that may take its toll on health, spirit and psyche. This program will focus on taking care of the caretaker and what individuals can do to help themselves through the difficult ups and downs of caring for others.

**MANAGING PARENT OVERLOAD (\$400/session)**

This program is dedicated to parents who are trying to be both full-time parents and full-time employees. We will look at some of the problems parents typically have in managing time and how expectations turn into stress. Participants will leave the program with knowledge about managing stress, saying ‘no’ to extra activities, and feeling confident in their parenting abilities.

**TAKING CARE OF AGING PARENTS (\$400/session)**

For individuals facing the difficult situation of caring for their parents, the decisions seem endless. This program will help establish goals for their elderly loved ones and discuss the realities of reaching these goals. Topics include:

- The Situation: How Did You Get Here?
- The Balancing Act
- Elder Services
- Understanding and Coping with Dementia
- Case Management: Who Should be Involved with Elder Care
- Elder Medical Information



## **On-site Screenings (2-hour minimum)**

**BACK SCREENING (\$250/hr)**

Correct posture can help to prevent injury and undue muscle strain. Licensed professionals conduct brief baseline screenings for posture and symmetry. Postural deficiencies and locations where potential injury can occur are identified. Once individual assessments are completed, each participant is given tailored recommendations to correct posture and avoid potential injury. Postural screenings take approximately 8 minutes per person.

**BLOOD PRESSURE SCREENING (\$95/hr)**

Uncontrolled high blood pressure is a major risk factor for heart disease and stroke. When detected and treated properly, it can be controlled and the

risk for disease and stroke greatly reduced. At this screening, participant blood pressure will be checked and results will be explained by a health professional.

**BODY COMPOSITION SCREENING (\$95/hr)**

Body composition analysis is measured by bioelectrical impedance, a safe, easy, and accurate method of determining the percentage of body fat in an individual’s total weight. The process is simple, quick and painless. Bioelectrical impedance sends an extremely weak current through the body, and an individual’s body fat percentage is then calculated based on height, weight, age, gender and resistance to the current.

## **On-site Screenings, *continued***

### **BODY MASS INDEX SCREENING (\$95/hr)**

Body Mass Index (BMI) is a method of determining if your weight is healthy for your height. It is a mathematical formula that involves dividing your body weight in kilograms by the square of your height (kg/m<sup>2</sup>). BMI is a direct calculation based on height and weight. It is not gender specific.

### **BONE DENSITY SCREENING (\$300/hr)**

Bone density scans are the newest tools in detecting one's risk for osteoporosis. Bone density screenings, performed on the heel, are quick, painless and non-invasive. In addition to receiving individual results, each participant receives personal osteoporosis educational materials and counseling.

### **CHOLESTEROL SCREENING – TOTAL/HDL/ GLUCOSE (\$255/hr plus \$14/person)**

High cholesterol is a major risk factor for heart disease. When detected and treated properly, the risk for disease can be greatly reduced. At this screening, participants' total cholesterol and HDL (the "good cholesterol") will be checked. In addition to receiving individual results, each participant receives educational materials and nutrition recommendation based on their dietary needs and eating patterns.

### **FLEXIBILITY SCREENING (\$250/hr)**

Flexibility is an important component to health. It is often decreased as a result of age, lack of activity, and poor sustained postures. Not only does lack of flexibility affect how much you can move about a certain joint, it also plays an important role in balance and strength. This screening will take you through a handful of everyday basic movements and grade you based on how well you perform them. Results will explain what muscles and joints need to be addressed with easy, basic, specific stretches in order to restore the proper movement and function.

### **GLUCOSE SCREENING (\$100/hr plus \$3/person)**

Glucose is sugar which is formed when your body digests carbohydrates. This baseline screening will test participants for high blood glucose levels, which may be indicative of diabetes. When detected and treated properly, diabetes can be controlled and the risk for disease can be greatly reduced. In addition to receiving individual results, each participant receives educational materials and nutrition recommendations based on their dietary needs and eating patterns.

### **SUN DAMAGE SCREENING (\$115/hr)**

The best way to prevent skin cancer is to protect yourself from the sun. The good news is that skin cancer is highly curable and easily preventable if detected early. The sun damage screening uses a Dermascan™ machine to help show sun damage to the face with the use of fluorescent bulbs and a magnifying mirror.

### **WORKSTATION ANALYSIS (\$250/hr)**

Correct posture can help to prevent injury and undue muscle strain. An ergonomics specialist will observe participants at their workstation. They will look at their posture, hand and wrist placement when using the computer and chair height as well as other factors that can lead to potential injury. The participant is given recommendations on how to correct posture and prevent potential injury. Each screening takes approximately 8-10 minutes per participant.



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## PROGRAM DELIVERY METHOD DESCRIPTIONS

**1-hour program:** Scheduled for one hour, these interactive programs are designed to engage, educate, and motivate your employees to incorporate wellness into their lives both in and out of the workplace. This program is a 45-minute discussion led by a health professional followed by a 15-minute question and answer session. Group participation is highly encouraged.

**Minis:** Scheduled for a 1-hour block but delivered in two 30-minute programs, this is intended for a small group population. The program format is designed for employees who are short on time and still want to engage in a healthy activity. The program is a 20-minute round table discussion lead by a health educator followed by a 10-minute question and answer session. Maximum 10-12 participants per session. Two consecutive half hour same topic sessions must be booked.

**Make and Take:** This interactive program is a mix of education and activity. It's an ideal option for employees that do not have a lot of time to be away from their work area and want a hands-on experience. During the 30-minute segment participants will learn how to incorporate healthy behaviors and create their own personalized wellness product. Maximum 15 participants per session. Two consecutive half hour sessions must be booked.

**Information and Demonstration Station:** An information table provides participants with a chance to talk with a health professional to learn simple tips for making health-related changes and to receive personalized recommendations. Health professionals are on hand to increase awareness and promote a healthy lifestyle. Educational handouts are available for participants to take and reference. No minimum or maximum number of employees. Two-hour minimum.

**Cooking Demonstrations:** Learn how to integrate healthy choices into everyday life! Shopping smart, eating healthy, and being creative are all covered in this 1-hour program. These health and wellness cooking sessions demonstrate the preparation of recipes in front of attendees. You will learn how to identify ingredients, make time & cost saving choices, discuss the health benefits related to ingredients and discover alternative substitutes. All participants will be provided with a taste of each recipe. Limit 20 participants.

**To-Go Kits:** Give your workforce the flexibility to improve their well-being when they want. Many employees enjoy the option of getting physical fitness done early in the morning or in the evening, after home responsibilities are winding down. To-Go Kits are a complete package that employees bring home or on the road when traveling to do their desired programs when it is most convenient for them. To-Go Kits can be used as an extension of onsite activities and programs, or as an added option for those who do not want to participate in a group.

**On-site Screenings:** Biometric screenings are a powerful tool to identify health risks and to help employees understand the changes they can make to manage their health. A key feature of a biometric screening event is the individual coaching that your employees receive during the event. The results of the tests are available immediately to the employee. A health professional will then explain the results of the tests. If any of the results are not in the healthy range it is recommended to talk to a health care provider to determine a treatment plan.

### **Important Considerations:**

Please provide 2 to 3 weeks of lead time to schedule wellness services.

Please allow at least 2 to 4 weeks for delivery of To-Go Kits.

Rates listed are for normal business hours 8 a.m. to 5p.m.

Additional fees may apply for services outside of normal business hours.

Mileage fees apply for services in excess of 100 miles from local regional HPHC offices: Portland, ME, Manchester, NH, Quincy, MA, Wellesley, MA, Hartford, CT at government standard mileage reimbursement rate.

Cancellation Fee:

100% of program if cancelled in less than 24 hours.

50% of program cost if cancelled within 24 - 72 hours.