

Enjoy **12 monthly live webinars**, led by our team of health experts.

JAN

JOURNALING FOR YOUR HEALTH



Research shows journaling leads to numerous health benefits, like reduced anxiety, emotion regulation, increased self-awareness, personal reflection, and creativity. There are many ways to journal to receive the benefits. This interactive presentation will introduce you to various ways to journal, specifically for stress reduction, nutrition & fitness tracking, self-reflection, habit modification, and organization.

FEB

DESIGNING HEALTHY SPACES



How do I create my “happy space” in which I work and thrive? Well-designed places of work consider several facets. In this talk, discover design tips and ideas for an efficient and environmentally conscious work area. Cover comfort, accessibility, and ergonomic pointers to help you function the way a body and mind should!

MAR

SPICE IT UP: CREATE VARIETY IN YOUR HOME WORKOUTS



We all struggle through plateaus and boredom with repetitive exercise routines. This may be especially true if primarily exercising at home without equipment. Explore ways to maximize efficiency of your home workout and new exercises to spice up your routine. Plus, we'll give you 3 workout plans and a full body stretch you can implement right away.

APR

GET OUTSIDE FOR THE HEALTH OF IT



Regardless of your geographical location and season, the healing powers of the outdoors cannot be ignored. Let's explore the heavily researched benefits of spending time outdoors while delivering practical ideas for improving your physical and mental health!

MAY

GARDENING FOR YOUR WELLBEING



Whether houseplants or gardens, flowers or vegetables, gardening benefits your mind, body, and soul. No green thumb or acreage needed; just bring your curiosity to discover the multitude of health and wellness benefits of gardening.

JUN

HEALTHY SUMMER PICNIC PLEASERS



Summer is here! Long days of sun, fun, and FOOD! Time to pack up and go adventuring. Can you pack food that tastes good, doesn't take hours to prepare, AND hits your health goals? YES! In this workshop we will show you how to make easy, tasty foods that can go anywhere you go this summer. You don't have to sacrifice taste or nutrition. Join us in this informative workshop and we'll show you how!

JUL

HAPPY HYDRATION



When we're optimally hydrated, our body functions at its best. Water can help prevent overheating, lubricate our muscles and joints, remove waste from the body, and even help manage weight. We can forget, get too busy, or just get tired of drinking plain water. Learn some fun ways to jazz up water, how electrolytes help hydration, how to make drinking it a habit, and foods that contribute to hydration.

AUG

FUN FAMILY FITNESS



If we think of the lifestyle we want for our family, I bet it includes moving with ease and having freedom to embrace desired activities and adventures! The reality is our day-to-day lives may include sitting, commuting, or watching other people's lives on TV and social media. Don't be discouraged! Have an action plan to infuse fun, fitness, and feeling great into life. When you apply what you learn, your whole family system will be elevated with fun and fitness!

SEP

THE MAGIC OF MUSCLE MAINTENANCE



We all know that strength training builds muscle, but did you know that modern research has proven countless positive implications of strength training on disease management, metabolic health, energy, and independence? In this engaging session, we will look at the importance of maintaining muscle throughout the years and learn how it can be done regardless of your age, gender and schedule status.

OCT

TACKLE YOUR TRIGGER, VETO YOUR VICE



Many of us have some type of vice or habit that we want to kick in some way. Making small, personal changes by identifying triggers and obtainable goals will help break a vice or habit. This talk will provide ideas on how to make or break a habit, specifically with nicotine, caffeine, and sugar. Learn to identify triggers and receive encouragement for setting small, attainable goals to modify or quit a habit.

NOV

THE BALANCING ACT



Work-life balance remains an ideal to strive for. From a psychosomatic perspective, learn practical ways to incorporate physical and mental balance into each day. Explore ways to balance both structure and schedule. Join us as we lean into many areas to choreograph a successful balancing act.

DEC

BUILDING YOUR HEALTHIER LIFE



We all want to feel great and be healthy, but doing so is much easier said than done. This engaging session will help you apply the science of motivation and behavior change to your goals in life, to create the biggest impact! You will leave this session with the building blocks and strategies to build better goals, but also be equipped to overcome the obstacles and live your healthiest year yet!

To accommodate busy schedules, each topic is presented with a **live option each month, plus a recording.**