



WEDNESDAY DECEMBER 9TH

11:00 AM - 4:00 PM

**EMPLOYEE WELLNESS CLASS TIMES AND
REGISTRATION LINKS LISTED BELOW**

INTERACTIVE VIRTUAL CLASSES

Immerse in Presence with Wellness:

- Come Enjoy Educational, Relaxing & Fun Interactive Virtual Wellness Class Sessions Throughout the Day.
- Wellness Class Sessions are Focused on the Tools & Techniques to Incorporate into Your Daily Life to Create Lasting Healthy Lifestyle Changes.



**PARTICIPATE IN A
DAY OF HEALTH &
WELLNESS**

**RELAXATION
TECHNIQUES TO
DECREASE STRESS,
TENSION & ANXIETY**

**HEALTHY EATING
TIPS FOR BUSY
SCHEDULES**

**MOVEMENT
CLASSES TO
RELIEVE THE STRAIN
OF PROLONGED
SITTING**

**A THANK YOU FOR
YOUR DEDICATION**

**Wellness Initiative
Presented by**



Employee Wellness Day Class Times and Links

Fitness & Movement Wellness Class Session

The path to health and wellness is a resolute lifestyle change especially incorporating physical activity and exercise. Exercise is defined as any movement that makes your muscles work and requires your body to burn calories. Being active has been shown to have many health benefits, both physically and mentally. It may even help you live longer. In this class, you'll go through a warm-up, gradually increase intensity and cool down all to get your heart rate up working all the major muscle groups, and finish up with a nice stretch. All levels welcome and wear comfortable clothing. A mat or carpeted area will be good as you'll want to be barefoot for the class.

11:00 am to 11:30 am Registration Link:

https://zoom.us/webinar/register/WN_IXEAKl3lSeWJVp_1mAy_AQ

Mindful Meditation Wellness Class Session

Mindful Meditation is a practice of turning your attention away from distracting thoughts toward a single point of reference (e.g., The Breath, Bodily Sensations, Compassion, A Specific Thought, etc.) and to cultivate those states of mind that are conducive to peace and well-being, and to eradicate those that aren't.

11:30 am to 12:00 pm Registration Link:

https://zoom.us/webinar/register/WN_kitJN7CdR_qybQcZR9nw3w

Nutrition Healthy Eating & Cooking Wellness Class Session

Healthy Eating Options to Prepare for Work – Make Your Own Grain Bowl for Healthy Lunches

Grain bowls are the answer to any lunch rut. Grain bowls are more of an ingredient-rich compilation than an actual recipe, they tend to be a mix of whatever looks good in the fridge, using inspiration from what's already on hand. But if you need a little more direction, because sometimes it's actually nice to just follow step-by-step instructions, this colorful combination is a perfect place to start. It gets really fun when the bowls are colorful and have playful textures to enjoy while eating.

12:00 pm to 12:30 pm Registration Link:

https://zoom.us/webinar/register/WN_syhvbzmz3Td6gCU4e41EsFw

Self-Reiki for Stress Management Wellness Class Session

Reiki is a technique for stress reduction and relaxation that allows everyone to tap into an unlimited supply of 'life force energy' to improve health and enjoy a good quality of life. This class session provides an overview of Reiki to the participants as well as taking the group through a session and instructing on how to use self-Reiki to create a sense of calm and balance in one's life.

12:30 pm to 1:00 pm Registration Link:

https://zoom.us/webinar/register/WN_uHhnvpGET8W4O3v8a5MNOA

Aromatherapy with Essential Oils Wellness Class Session

Aromatherapy is an alternative form of holistic therapy that uses essential oils to help improve and balance you both emotionally and physically, while helping you to take time out for yourself, to be mindful and to reconnect with yourself, even for a moment. The aromas experienced through aromatherapy and essential oils have a dynamic effect on the mind and body.

1:00 pm to 1:30 pm Registration Link:

https://zoom.us/webinar/register/WN_bcqozh3fRQyHakMTN6y79g

Breathing Exercises Wellness Class Session

When you find yourself in a difficult moment, oftentimes the best thing you can do is just breathe! Breathing exercises can be practiced in stressful or upsetting situations to help calm the mind and body.

1:30 pm to 2:00 pm Registration Link:

https://zoom.us/webinar/register/WN_TS_seFNuR1-RJdV1SB1K_Q

Posture, Spine Alignment, and Ergonomics Wellness Class Session

Learn how posture and workstation setup with repetitive working motions can be performed each day for good spinal alignment and health. The goal of ergonomics is to 'fit the workstation to the person,' rather than making the person fit the workstation in addition to reducing musculoskeletal disorders.

2:00 pm to 2:30 pm Registration Link:

https://zoom.us/webinar/register/WN_vLNtdSmTSoKjX3stbr_fcq

Stretching Exercises Wellness Class Session

It's hard to believe something as innocuous as sitting could be dangerous. But as it turns out, it can be. With many people working desk jobs or attending school online, the amount of time spent sitting can really add up. Aiming to have a less sedentary lifestyle overall is important, but for those days when you are sitting for longer hours, some stretches can be helpful. The importance of standing, along with some stretches are recommend improving range of motion, relieve tightness, and prevent muscle loss.

2:30 pm to 3:00 pm Registration Link:

https://zoom.us/webinar/register/WN_bUD5mFMiRBOsgCFi57lOkQ

EFT Tapping Wellness Class Session

Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupuncture. Proponents say the tapping helps you access your body's energy and send signals to the part of the brain that controls stress. They claim that stimulating the meridian points through EFT tapping can reduce the stress or negative emotion you feel from your issue, ultimately restoring balance to your disrupted energy.

3:00 pm to 3:30 pm Registration Link:

https://zoom.us/webinar/register/WN_TWlvdGOhQFGEKwSjCoT1zg

Delicious Nutritious Smoothie Making Wellness Class Session

Learn how to make delicious and highly nutrition smoothies. Whether you've never made a smoothie before and need step-by-step instructions, or you want to take your smoothie making skills to the next level, everything you need to know is outlined in the class by the nutrition coach.

3:30 pm to 4:00 pm Registration Link:

https://zoom.us/webinar/register/WN_niVbnOKKReWcMqoZkrVDJg