



TUESDAY OCTOBER 27TH

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

Virtual Wellness Day Schedule of Live Interactive Class Sessions:

11:00 am to 11:30 am - Fitness & Movement Wellness Class

11:30 am to 12:00 pm - Mindful Meditation Wellness Class

12:00 pm to 12:30 pm - Nutrition Healthy Eating & Cooking Wellness Class

12:30 pm to 1:00 pm - Self-Reiki for Stress Management Wellness Class

1:00 pm to 1:30 pm - Aromatherapy with Essential Oils Wellness Class

1:30 pm to 2:00 pm - Breathing Exercises Wellness Class

2:00 pm to 2:30 pm - Posture, Spine Alignment & Ergonomics Wellness Class

2:30 pm to 3:00 pm - Stretching Exercises Wellness Class

3:00 pm to 3:30 pm - EFT Tapping Wellness Class

3:30 pm to 4:00 pm - Delicious Nutritious Smoothie Making Wellness Class

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_B7TGCzX4SjCvUoVSly1bXw

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_Vs1yAouGS-idcpuJnJCRbA

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_BoFMU6IaTo-nsVHju-c1OO

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_Vi3C_mGVTsGWmAUO9yExqQ

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_fJSM2V_4TJig3mYreCzNkA

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_XYqsFpTxT-ieHi_EHqIvfQ

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_4K6poLggQMew6IGhvraVew

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 recommended 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_ocsC8BtxRXi5MdxelLGsDA

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 acupressure. 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_1WW8abPoRSOWzv7f-rTQ-A

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_guXgdhCdQd2ZkuDCdrHSqw

Wellness Instructor Bios and Contact Details

Fitness & Movement Wellness Class Session

Anjanette McGrath

Anjanette is an accomplished photographer, art teacher and 200 hour yoga instructor, with a background in sound healing and wellness coaching. She is the founder and owner of Anjanette Photos and has her own art studio at the Manufacturer's Village in East Orange, NJ.

Anjanette's passion is not only photography, but anything fitness related including Yoga, Yoga Fusion, hiking, running, paddle boarding, ice skating, and snowshoeing. She recently became a certified Yin Yoga and Prenatal Yoga instructor.

Contact Details: Verona Yoga New Jersey. Email address is Veronayoga@gmail.com. Phone number is 973-551-9642 and Website: <https://veronayoga.com/>

Mindful Meditation Wellness Class Session

Camille Alonso

Camille is a 200-hour registered yoga teacher and also has her Restorative Yoga certification. She has been practicing yoga for 11 years. She began practicing yoga daily while in high school when she was dealing with

anxiety and panic attacks. Not only did yoga and meditation allow her to feel like herself again, but it inspired her to teach others how yoga can improve their lives. She then earned her 35hr Mindfulness Meditation Teacher Training at Kripalu. Camille believes yoga is accessible to everyone because it brings peace, clarity, and mindfulness into the world, which is something everyone can benefit from. You can expect Camille's classes to be relaxing, rejuvenating, and an opportunity to reconnect with yourself.

Contact Details: Verona Yoga New Jersey. Email address is Veronayoga@gmail.com. Phone number is 973-551-9642 and Website: <https://veronayoga.com/>

Nutrition Healthy Eating & Cooking Wellness Class Session

Kate Motz

Kate Motz is a National Board Certified Functional Medicine Coach and Amazon best-selling author of Revolutionary Weight Loss: The Predictable Plan To Lose It For Good This Time. She is the founder of Integrative Wellness Advisors and has been helping people get healthy and stay that way, since 1995. Kate lives with her family in Mountainside, New Jersey. After obtaining her MBA, Kate acquired her certification as an Integrative Nutrition and Functional Medicine Coach. Her mission is to help individuals discover the root causes of health problems, because she knows – and evidence shows – that the greatest health transformations are created and sustained when you address the root cause.

Contact Details:

Phone: 908.577.2445 Email: kate@integrativewellnessadvisors.com

Website: <https://www.integrativeadvisors.com>

Facebook: <https://www.facebook.com/integrativewellnessadvisors/>

Instagram: <https://www.instagram.com/integrativewellnessadvisorsllc/>

Self-Reiki for Stress Management Wellness Class Session

Monika Emad - Board Certified Holistic Health Practitioner and Integrative Nutrition Health Coach

Monika is a Board Certified Holistic Health Practitioner with the American Association of Drugless Practitioners and received her Integrative Nutrition Health Coach certification from the Institute for Integrative Nutrition in New York City. She also holds a Bachelor of Science degree in Business Administration and is certified in Reiki and Essential Oil Therapy. Monika has been in the health and wellness industry for years, as the owner of O'live Organic Spa & Holistic Wellness, the co-creator of City Wellness Group in New York City and the founder of Omnia Health & Wellness as a Health & Nutrition Advisor. She enjoys bringing joy and balance to her clients' lives while seamlessly improving their health and well-being.

Contact Details: Montclair New Jersey. Email address is monikaemad@gmail.com. Phone number is 917-414-2424 and Website: <http://omniahealthandwellness.com/>

Aromatherapy with Essential Oils Wellness Class Session

Michelle Maldonado

Serves as a board certified holistic health practitioner and member of the American Association of Drugless Practitioners offering nutrition and wellness solutions to clients looking to address conditions such as weight gain, hormone imbalance, gastric discomfort and autoimmune disease. Trained at the Institute for Integrative Nutrition in New York City, studied over 100 dietary theories along with the safe, effective use of essential oils and supplements (vitamins, minerals, anti-oxidants and nutraceutical products). Provides education and guidance to clients searching for preventative health care that ensures attainment of their wellness goals - all with a personal touch that enhances results.

Contact Details: Montclair New Jersey. Email address is michellemaldonado26@gmail.com. Phone number is 917-743-2754 and Website: <http://omniahealthandwellness.com/>

[Breathing Exercises Wellness Class Session](#)

Lisa Munjack

Lisa Munjack is a 500-hour registered yoga teacher. She has been practicing yoga for 15 years and teaching for 8 years. She co-owns Verona Yoga studio. Lisa loves the fact that you're never done learning yoga. Every day she uncovers yet another benefit, both on and off the mat, that helps her navigate everyday difficulties and more fully enjoy life. She loves nothing more than sharing her passion for yoga with others and seeing what a tremendous impact it can have physically, emotionally and mentally.

Contact Details: Verona Yoga New Jersey. Email address is Veronayoga@gmail.com. Phone number is 973-551-9642 and Website: <https://veronayoga.com/>

[Posture, Spine Alignment, and Ergonomics Wellness Class Session](#)

Dr Michael Magwood

Dr. Magwood has been helping patients since 2001. These patients have responded to his diverse treatments with amazing and wonderful results. He is certified by the International Chiropractic Pediatric Association (ICPA) and in the Webster technique for expecting mothers. His free workshops, gentle chiropractic adjustments and IM=X Pilates franchise have all contributed to a better quality of life for many people. We would be honored to have you choose us to help you be the best and healthiest version of yourself.

Contact Details: 1425 N Broad St, Suite 4, Clifton, NJ 07013. Email address is info@purebalancecenter.com. Phone number is 973-773-8244 and Website: <https://purebalancecenter.com/>

[Stretching Exercises Wellness Class Session](#)

Russell Roy

Russ is a 200-hour certified yoga instructor. He has been a practicing yogi for 13 years and continues to deepen his skill through various immersions and, of course, his own practice. He brings a balance of alignment and humor to his classes. Russ is a professional pastry chef and cake decorator. His love for yoga is matched only by his love for food!

Contact Details: Verona Yoga New Jersey. Email address is Veronayoga@gmail.com. Phone number is 973-551-9642 and Website: <https://veronayoga.com/>

[EFT Tapping Wellness Class Session](#)

Carol Bemmels

Carol Bemmels, M.Ed., learned EFT in 1999 and it completely changed the way she helps people. As a masters level counselor, she's worked in many settings ... a battered women's shelter, hospitals, schools and community agencies. She's lectured and trained people internationally in peace and peer counseling techniques. She presently has a private practice in Hopewell, NJ and (thanks to Zoom) - clients worldwide.

Contact Details: Email address is cbemmels@mac.com. Phone number is 609-306-1711 and Website: www.tappingtogether.com

[Delicious Nutritious Smoothie Making Wellness Class Session](#)

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Monika is a Board Certified Holistic Health Practitioner with the American Association of Drugless Practitioners and received her Integrative Nutrition Health Coach certification from the Institute for Integrative Nutrition in New York City. She also holds a Bachelor of Science degree in Business Administration and is certified in Reiki and Essential Oil Therapy. Monika has been in the health and wellness industry for years, as the owner of O'live Organic Spa & Holistic Wellness, the co-creator of City Wellness Group in New York City and the founder of Omnia Health & Wellness as a Health & Nutrition Advisor. She enjoys bringing joy and balance to her clients' lives while seamlessly improving their health and well-being.

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