



# BETTER YOURSELF



## NEW! 2018 Webinar Series

YMCA Corporate Wellness webinars are designed to provide participants with fresh wellness information and their personal plan for growth. The Y will present the topic of focus, facilitate group discussion and guide individual goal setting. Each webinar will be 50 minutes in length.

Webinars will be offered twice on each day (12:05–12:55 pm & 7:05–7:55 pm) for employees to participate on their own or in a group setting. Attendance will be reported back to worksite point of contact each month.

### February 22 (Thursday): Financial Fitness

Basic financial guidance to improve spending and savings habits.

### March 28 (Wednesday): Restoration and Recovery

How much is too much? Activities geared towards restoring health, energy, and the body.

### April 25 (Wednesday): Multi-tasking – Fact or Fiction?

Take a hard look at multi-tasking and its impact on productivity and personal well-being.

### May 23 (Wednesday): Food & Mood

Understand how your mood impacts your food choices, and vice versa, so you can make the best choice!

### June 27 (Wednesday): Don't Just Sit There

Physical activity goes beyond the time spent on the treadmill. Understand the why and how to adding more activity into your daily living!

### July 25 (Wednesday): Preventive Practices

Take a look at your disease risk based on family history, habits and behaviors, and preventive action. *An ounce of prevention is worth a pound of cure!*

### August 22 (Wednesday): Bedtime Basics

Sleep plays a bigger factor in health, productivity, weight management and decision making than you may have thought. A better night leads to a better day!

### September 26 (Wednesday): Mind FULL versus Mindful

A decluttered mind and being fully present in the moment can lead to better outcomes in all areas of your life. Learn and embrace the practice of mindfulness.

### October 24 (Wednesday): Healing Foods

“Let food be thy medicine and medicine be thy food” – Hippocrates

### November 28 (Wed.): Stress – Harmful or Helpful?

Reframe how you think about stress to use stress to your benefit.

**Webinar Series:** \$500 Y Corporate Membership Partner | \$1,000 Community Partner  
\$250 Healthy Lifestyle Coaching Program Partner

**A la carte webinar:** \$60 Y Corporate Membership Partner | \$120 Community Partner

**Register your company by contacting:**

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