2020 Power Lunch Webinar Series

Webinars are designed to provide participants with 50 minutes of fresh wellness information and an opportunity to identify their personal wellness goals. Employees can participate on their own or in a group setting. Companies will receive attendance reports, recordings of the webinar following the LIVE session, and survey feedback from individuals who participated.

KNOW YOUR NUMBERS MINI SERIES – $180
SIX, PRE-RECORDED 25-MINUTE VIDEOS
CREATED TO EDUCATE AND SUPPORT EMPLOYEES IN MAKING IMPROVEMENTS TO THEIR HEALTH RISK FACTORS.

1. BLOOD PRESSURE
2. LDL/TOTAL CHOLESTEROL
3. HDL
4. TRIGLYCERIDES
5. GLUCOSE
6. WEIGHT LOSS & WEIGHT DISTRIBUTION

SELFISH TO SELFLESS FEBRUARY 12
Selfless acts have many personal benefits as well. So whether your contributions are for selfish gain or selfless service first, you get benefits.

FIGHT DIABETES RISK WITH ACTION MARCH 11
Don’t play the victim with Diabetes. Whether you have been diagnosed, told you are pre-diabetic or it runs in your family, you can take action. Diabetes Alert Day is March 24

FROM EFFORT TO OUTCOMES WITH EXERCISE APRIL 8
Turn your exercise output into outcomes when you apply physical activity recommendations with science for progression.

BREAKING THROUGH MAY 13
Nothing may feel as debilitating as mental health struggles, like anxiety and depression. Discover ways to help others, or yourself. May is National Mental Health Awareness Month

SUGAR AND YOUR IMMUNE SYSTEM JUNE 10
With guest speaker Dr Patrick Garrett. Your body is a series of interconnected systems. Uncover how sugar interacts with your immune system and ways to boost your health and healing.

FINANCIAL FACT FINDING JULY 8
Fixing, or enhancing, your financial status is all about the facts. Make your money decisions with knowledge and confidence.

FROM SCREEN TIME TO SLEEPY TIME AUGUST 12
Television or internet scrolling may be part of your current bedtime routine but could you change this habit if it meant more energy, improved hormone functioning, and better overall well-being?

YOGA, STEP BY STEP SEPTEMBER 9
With certified yoga instructor Holly Hajjaj. De-mystify the practice and benefits of yoga through this experiential class.

EATING FOR SUCCESS ON THE GO OCTOBER 14
With Registered Dietician and Healthy Eating Director Tammi Krier. Without mindfulness, preparation, and helpful tips, eating on the go or while on the road can derail any good eating intentions. Don’t get stuck on the road to poor nutrition.

WEIGHT LOSS – NO GIMMICKS NOVEMBER 11
Apply cornerstone practices and consistency in eating habits, physical activity, sleep hygiene and stress management to achieve healthy, sustainable weight loss.