

Optimizing Your Life

Let's explore lifestyles, habits, and environments where people are consistently living longer, healthier lives. We will discuss cultural, dietary, and social practices, to uncover the common threads that connect these amazing people and communities. This is perfect for anyone is interested in optimizing your life and the science of healthy aging.

Building a Better Brain

Let's explore the science behind the brain's ability to produce new neurons, the factors that influence this process and practical ways to support brain health and cognitive function. We will also discuss lifestyle factors and activities that promote or hinder neurogenesis. Learn how small changes in your daily life can make a big impact on your brain's vitality.

Unbreakable Spirit: Cultivating Resilience for Life's Challenges

Resilience is the ability to recover from challenges and setbacks in life. It can help people cope with stress, trauma, and other difficult situations. In this lunch and learn, we will identify strategies to become more resilient to thrive during life's tougher moments.

Inflammation is More than a Buzzword

Inflammation is one of the ways our body protects itself, but high levels of inflammation can lead to serious health problems. Chronic inflammation plays a central and inciting role in heart disease, rheumatoid arthritis, stroke, inflammatory bowel disease, cancer, and more. Fight back with these simple, natural ways to lower inflammation.

Living Your Best Life

Living your best life means aligning your actions, mindset and habits with your personal values and goals. Often we don't reflect and plan enough; we are busy living our life. Let's discuss strategies to make your best life reality.

Boost Your Energy Naturally

Growing evidence suggests we can boost our energy, lower our risk of cognitive decline and promote sustained viability by adopting a few key lifestyle strategies. Learn how!

Know Your Numbers

Biometric screenings measure key health indicators, help assess overall health and identify potential risks. Know your numbers and learn how to positively impact your health.

Good Sleep is a Possible Dream

Most people know they need to eat right, exercise, and manage stress to improve their health. But what about sleep? We spend about one-third of our lives asleep, and sleep is essential to good health. But many of us struggle with sleep—with four out of five reporting they suffer from sleep problems at least once a week and wake up feeling exhausted. So how do you become a more successful sleeper?

Protect Your Bottom Line: Stay on Top of Colorectal Cancer

Out of all cancers that affect men and women, colorectal cancer is the third most diagnosed cancer, but second deadliest cancer in the US. The good news? YOU can help stop this. Studies show that if everyone aged 45 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided. In this presentation, learn the ins and outs of colorectal cancer prevention and screening, so you can stay on top of your cancer risk.

Know Before You Go

Make the most of your healthcare visits by knowing when to see a primary care doctor, a specialist, or an urgent care center, plus tips for getting the most from your appointment.

Healthy Habits: Ways to Boost Your Body's Natural Defenses

How to build a strong immune system through well balanced meals, exercise, and sleep. You will also learn what vaccinations are recommended for adults.

Mind Your Mind: Let's Talk, Listen, and Heal Together

One in four people will suffer from mental illness or substance abuse during their lifetime. This lunch and learn will answer the question, how can I help myself or someone else struggling with behavioral health challenges?

How Do You See Yourself Living in Retirement?

Most of us dedicate time and effort to building a financial plan for a secure and stress-free retirement, yet we often overlook the importance of a wellness plan to support that vision. A fulfilling retirement isn't just about financial stability—it's about maintaining your health, independence, and overall well-being. Join us for a discussion on the Eight Pillars of Well-Being and learn how to integrate them into a personalized wellness plan. This session will provide practical strategies to help you stay active, engaged, and thriving in your next chapter.

Skin Health: Embracing the Benefits, Balancing the Risks of Sunlight

The sun plays an important role in our well-being, however, too much sun exposure can cause serious skin damage. In this presentation, we will explore the balance between reaping the benefits of sunlight and protecting ourselves from it's risks.

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Conquering Chaos, Cultivating Calm

Stress levels out of control? Do you find yourself constantly on the edge, or worrying about the next major life stressor headed your way? Learn how to better conquer the chaos and cultivate a feeling of calm in you. This presentation talks about how stress affects your overall health and wellbeing and helpful ways to manage stress.

Be Still to Chill

Have you tried meditating, but feel you can't do it? Meditation is research supported practice that can positively impact our health and wellness. It helps in lowering blood pressure, reduce stress, lower risk for heart disease, decrease pain and more. Meditation can have a significant impact on our lives without much cost or negative side effects! Program will offer several tips to begin and maintain a meditation practice...This program is facilitated by a certified holistic stress management instructor. Guided meditation will be part of the program.

Living Mindfully: Less Stress, More Joy

Are you experiencing any pain, fatigue, insomnia, or other stress-related symptoms? Learn about mindfulness and meditation along with a variety of other research-supported techniques such as relaxation breathing, gratitude, connecting with nature, and more. This program is facilitated by a certified holistic stress management instructor. Guided meditation is part of the program.

Make Peace with Food

This presentation by a certified holistic stress management instructor offers some understanding of effective strategies and techniques to help one achieve a healthier relationship with food. Emotional eating will be discussed as well as a relaxation breathing exercise will be a part of the program.

Living Mindfully with Chronic Pain

Living with chronic pain can cause a great deal of suffering physically and emotionally at home and at the workplace. Learn how mindfulness can lessen the discomforts that come with chronic pain... relaxation breathing, reframing the situation, daily meditation, and an attitude of gratitude are some of the techniques that will be discussed. A 5-minute meditation will be a part of the program.

Power of Positivity

Studies show that humans think negatively more often than on the bright side with 66% of our thoughts being negative. Knowing that is how our brains work, it means it takes effort to think and be positive. Positivity in the workplace can improve performance, morale, and relationships. It can also encourage employees to feel more engaged and productive. Learn other benefits of positivity and strategies to increase this mindset into your daily life at work and home.

Destressing the Holidays

Every year the holidays roll around and we promise to enjoy more and stress less...learn effective strategies to do just that...relaxation breathing, daily quiet time, a bit of exercise especially outside and prioritizing are some of the techniques to be discussed. We will wrap up the program with a 3-5-minute relaxation breathing exercise.

What is in Your Cart?

This program provides practical tips on how to make better choices at the store. Topics include supermarket layout, marketing strategies, nutritional value of foods, and how to read food labels.

Holiday Meal Nutrition Facts

Holiday meals, holiday habits, and holiday food and beverage choices can have a negative impact on our health. We will review the nutrition composition of typical holiday meals, discuss recipe modification, portion control and other strategies to celebrate the holidays with more joy and less guilt.

Be Smart about Sugar: Limiting Added Sugars Can Improve Health

The average person consumes 150 pounds of sugar a year, and too much sugar is harmful to the body. Learn about main sources of added sugar, consequences of consuming too much sugar, and discuss strategies to reduce sugar consumption.

Heart Strong

Because heart disease is the number one cause of death in the USA, everybody needs to learn more about risk factors, prevention, and treatment. Learn the basics of a heart healthy diet and how to boost your cardiovascular health.

Common Sense Nutrition

What your grandmother said is true: you are what you eat. Over the course of your life, your food and drink choices can make a difference in your health. Learn new ways to plan meals, stay healthy, and eat deliciously on a budget.

Desktop Dining

It's not always easy to grab a bite to eat during the workday. More than 80% of office workers report eating meals and snacks at their desk. Meals purchased at restaurants, food joints, or the cafeteria can be unhealthy and expensive. Learn how to make your desktop dining a better experience. Food demonstrations with samples available upon request.

Yoga for the Workday

Practicing yoga at work or incorporating chair yoga into your day can offer numerous physical, mental and emotional benefits. Use Yoga to reduce stress, improve focus and promote wellbeing throughout your workday.

What Can I Do in 15 minutes?

Not having enough time is identified as the number one reason people do not exercise. But research tells a different story. Let's discuss motivation to exercise, how to exercise efficiently and how to gain benefits that matter to you most, in the shortest amount of time.

Achy Joints?

It is estimated, 60 million Americans are diagnosed with arthritis, which is a 40% increase over the past 20 years. The good news? Evidence shows resistance training has a positive effect on the symptoms associated with osteoarthritis. Learn the basics of osteoarthritis, the impact on the joints, progress of the condition and the role that exercise and lifestyle can play in keeping you moving. Hear what the research says and learn about the best type of exercise training to combat osteoarthritis and fibromyalgia.

Exercise and Stress

You know that exercise does your body good, but you're too busy and stressed to fit it into your routine. Hold on a second – there's good news when it comes to exercise and stress. Discover the connection between exercise and stress relief – and why exercise should be part of your stress management plan.

Core Essentials

Your core sets the tone for all functional movement of our bodies, including posture, balance and injury prevention. Developing strategies to maintain core strength in daily activities will improve your overall wellbeing.

Step Up for Health

Walking can be a simple, yet powerful way to improve your health. In this lunch and learn we will cover the benefits of walking, current recommendations, strategies to move more and tips to overcome barriers.

Stand Tall

Posture is not just for looking good, it affects coordination, balance, flexibility, comfort, and confidence. In this session, we will discuss common alignment issues and practice exercises and stretches to improve posture and reduce discomfort from poor posture.