

Lunch and Learn Topics

Living your Best Life

Looking to live long and enjoy life to the fullest? In this lunch and learn we will explore how mindfulness, meditation, gratitude, health, lifestyle, and attitude matter when it comes to our health.

Boost your Energy Naturally

Growing evidence indicates that people can enhance energy levels and reduce their risk of cognitive decline by adopting key lifestyle habits. How is your energy level? Learn how to boost your energy level naturally.

Know your Numbers

Learn what screening numbers we should focus on that provide a reflection of our overall health, and how to positively impact those numbers in a meaningful way. Participants will learn about metabolic syndrome risk and why it is important to track the five risks associated with this syndrome.

Good Sleep is a Possible Dream

Most people know they need to eat right, exercise, and manage stress to improve 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?

Goal Setting: Live the Life You Want

Feeling like you're stuck in a rut? No matter whether it's the start of a new year, a new season, or just a new day, it's never too late to mix things up and start living the life you want. In this session, learn how to set goals that align with your values, so you can start living intentionally to achieve your best life, and the best version of yourself.

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.

How Do You Build A Strong Defense

How to Build a Strong Immune System through well balanced meals, exercise, and sleep. You will also learn what vaccinations are recommended for adults.

Creating a Wellness Plan that works for you

This lunch and learn will help you create a wellness plan that helps you live a healthy life and increase your sense of well-being. You will have the opportunity to decide what you would like to change and establish specific SMART goals to work towards. If you are looking to make changes in your life, a wellness plan may be just what the doctor ordered!

Quit the Sit

Sitting for long periods of time has been linked to health concerns. Quit the sit to reduce your risk of developing heart disease, diabetes, obesity, and cancer.

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?

Stepping Up to Better Health

Healthy behaviors can make an impact on your overall cancer risk. Make sure you are covered on the most up to date information on cancer risk factors, prevention, and early detection.

Conquering Chaos, Cultivating Calm

Stress levels out of control? Do you feel constantly on the edge, or worry about the next major life stressor headed your way? Learn how to 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

Research shows meditation can positively impact our health and wellness – it helps lower blood pressure, reduce stress, lower risk for heart disease, decrease pain and more. What's more, it's low cost and has no negative side effects! Learn tips to begin and maintain a meditation practice with a certified holistic stress management instructor. Includes a guided meditation.

Living Mindfully: Less Stress, More Joy

Are you experiencing 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. Includes a guided meditation.

Make Peace with Food

A certified holistic stress management instructor offers 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 Illness

Living with chronic pain/illness can cause a great deal of suffering physically and emotionally. Learn how mindfulness can lessen the discomforts that come with chronic illness...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

We're wired for negativity, it's true. But what if we could tap into the power of positive thinking for better well-being and physical health? A certified holistic stress management instructor will offer practical strategies to cultivate a more positive outlook to boost mental and physical well-being.

De-stressing the Holidays

Every time the holidays roll around, 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. Includes 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.

Healthier holiday meals

This program discusses how holiday eating habits and food choices impact our health. Learn simple tips to celebrate with more joy and less guilt.

The ups and downs of blood sugar

The average person consumes 150 pounds of sugar a year, and too much sugar is harmful to the body. 1 in 3 adults in the USA have prediabetes and 9 out of 10 do not know it. Learn about hidden sugars and how to prevent diabetes.

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.

Digest This: you can reduce your risk of disease in the future by choosing healthy foods today.

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 stay healthy, feel full, and eat deliciously. Topics include beverages, carbs, whole foods and meal planning.

It's in the bag: 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.

Commit To Fit: What Does Being “Fit” Mean For YOU?

Looking to start your fitness journey but unsure where to begin or what fitness path is right for you? In this presentation, we will discuss how being fit can mean different things to different people and how setting goals can help set your fitness plan in motion.

Yoga To-Go

Who said you need a mat to do yoga? No matter where you are—at home or at work, in the car or at the store—chair yoga offers tools to move your body and get you in a better state of mind. This presentation will focus on the brain-based benefits of yoga for the mind and body and will provide concrete chair yoga tools that are accessible to everyone, with no yoga experience (or yoga pants) required!

What can I do in 15 minutes?

Not having enough time is identified as the number one reason people do not exercise. However, research is showing notable improvements can be made in exercising 15 minutes per day. So, when the average reported time spent on Facebook is 40 minutes/day and the average television viewing time is reported to be 5 hours/day- 15 minutes/day to improve your

Achy Joints?

An estimated 60 million Americans are diagnosed with arthritis, 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. Hear what the research says and learn about the best type of exercise training to combat osteoarthritis and fibromyalgia.

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 role in heart disease, rheumatoid arthritis, stroke, inflammatory bowel disease, cancer, and more. Fight back with these simple, natural ways to lower inflammation.

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 a part of your stress management plan.

Living The Blue Zone Life

Have you heard of the fascinating world of Blue Zones? In this lunch and learn we will identify behaviors and lifestyle patterns of individuals that live long, productive, and meaningful lives. You will learn the factors that contribute to their lifestyle and recognize the components of fitness that lead to living a healthy, independent, and functional life.

How Exercise fits into the Metabolism Mystery

Have you ever blamed a slow metabolism for your weight woes? The information in this session can help you crack the code on the real culprit. Metabolism slows over time, but it doesn't have to come to a screeching halt at age 40. Learn the basics of metabolism, calculate an estimate of your metabolism, and uncover the reasons exercise plays a major role in keeping the metabolism fires burning.

Core Essentials

What is all the buzz about core strength? Simply put, the core is the body's center of power. So, the stronger you are in that area, the easier your life will be. Don't think six pack abs; think standing or sitting without slouching, think carrying the laundry basket up and down stairs, think lifting the groceries out of the car. Learn about the musculature involved and ideas to improve strength, flexibility and reduce the chances of injury.

Power to Your Posture

Did your mother ever tell you to practice walking around with a book on your head to improve your posture? She may have been right! It takes muscular control and power to maintain good posture and payoff is more than looking good. It affects your coordination, balance, and flexibility just to name a few. This presentation discusses the benefits of good posture, the importance of maintaining it and ways to improve it.

Osteoporosis and Exercise

Keeping your bones healthy may not be at the top of your list, but it should be. During this lecture, we will discuss osteoporosis- what it is, who is at risk and how exercise can help in the prevention of osteoporosis, assist in maintaining proper posture, and help prevent injury.

Reach For It

Reach for the stars and for your toes! You will be amazed at how much better you will feel by adding exercise and movement to your day. In this lunch and learn you will learn how to maintain and build strength, increase flexibility, sleep better, and manage stress through exercise.