

In person or virtual presentations are free for employee groups. Invite us to your standing meetings, integrate a presentation into an annual training or wellness day, or invite us to join any time you'd like!

### **Movement Presentations:**

**Fitting Fitness In:** Breaking up sedentary time at work may have a profound impact on health and well-being. Learn how much movement is enough and how to increase movement throughout the day!

**Mindful Movement:** Learn the ins & outs of moving with open curiosity about present experience. This meditation is practice in motion. It involves purposefully paying attention to your tactile experience.

### **General Wellness:**

**Identifying Values to Live with Purpose:** Brene Brown's value sorting will be the main tenant of this presentation. Learn your core 3 values and how to use those in your work and personal life.

**Inspiration:** This presentation provides tips on how to find (or reignite) inspiration and the importance of addressing mental, emotional, and physical health.

**Introduction to Mindfulness:** Learn why mindfulness is important for our well-being, practice multiple mindfulness strategies, and brainstorm how mindfulness practices can elevate the workplace setting.

**Leisure in your Life:** Join this interactive and reflective presentation discussing the importance of leisure in your life. Learn to appreciate, balance, and reframe leisure every day.

**Osher Center for Integrative Health Wellness Opportunities:** Not certain where to start or which opportunities are available? This presentation will leave you inspired to get more involved and help you get started!

**Sleep Wellness:** Sleep is such an important part of our life but can be elusive. If you struggle with sleep, come join us and learn tools to add to your toolbox to enhance your sleep cycle and sleep routine.

### **Nutrition Presentations:**

**Nutrition 101:** Taking it back to basics. Let's talk about carbohydrates, fat and protein. We will dive into what a healthy eating pattern looks like and how to apply these principles to your life.

**Office Eating Culture:** Learn how food affects our energy and productivity, tips for eating at work, and how to create an inclusive eating culture in the office.

**PlantFULL Eating:** Including plants in our diet can be tricky. Let's discuss the benefits of including plants in our day, and ways to add more plants. Increase your confidence in incorporating more plants in your diet!

### **Workshops: In person, hands-on, 15 employees or less**

**\*Satisfied Snacking:** This interactive workshop will discuss how to best support energy, avoiding the 3pm slump. This doesn't mean only raw vegetables but combining foods to support energy and focus.

**\*Identifying Values and Purpose Vision Board Workshop:** This workshop will help you determine your 3 core values to guide decisions in life. We'll use magazines to create a vision board as a visual reminder. Breaking up sedentary time at work can have a profound impact on your health and well-being. In this interactive workshop, you will learn why and how to increase movement throughout a busy workday,

receive instruction on how to safely and effectively move to support your well-being and fitness levels with movement breaks, and develop a realistic and achievable plan for fitting fitness into your lifestyle.

**\*Fitting Fitness In Workshop:** Breaking up sedentary time at work can have a profound impact on your health and well-being. In this interactive workshop, you will learn why and how to increase movement throughout a busy workday, receive instruction on how to safely and effectively move to support your well-being and fitness levels with movement breaks, and develop a realistic and achievable plan for fitting fitness into your lifestyle.

*\*Counts for WellU Wellness Activity Credit. Must be in person and 15 employees or less.*