

2021



NEW CLASSES

Zoom-ing Your Way for 2021

While we can't be together physically—yet—we still want to connect with all of you! We are happy to schedule ZOOM webinars for your staff around *almost ANY* of our wellness classes. These classes can be offered in a variety of ways:

On-Demand Webinar: you will receive a registration link to a pre-recorded webinar that employees can watch whenever and wherever is convenient for them.

Live ZOOM Webinar: employees can see and hear us live and ask questions in real-time.

ZOOM Meeting: employees log in using a camera and microphone and we can all see and hear each other!

You choose what works best for your worksite and we will make it happen!

Our Staff:

Anne Charles

acharles@memun.org

Danielle Yale

dyale@memun.org

Abby DiPasquale

adipasquale@memun.org

Amanda Nile

anile@memun.org



Class Ideas?

Do you have a class in mind that would be a great addition to our class offerings? We would love to hear from you with any special requests or class ideas. We do our best to come up with a new variety of programs to add/update each year, but you are the one who knows your workplace the best...so let us know what you want!

Don't forget our other wellness classes, which can be found in the class catalog.



New Classes

Overcoming Procrastination. Is procrastination preventing you from achieving the goals you want to accomplish? This webinar will help you identify why you delay and how you can overcome your procrastination habit. Contact Anne Charles to schedule.

Beyond the Bullying. Workplace bullying isn't just an issue for one person, it affects everyone in profound ways. Attend this class to identify what workplace bullying looks like, what it does to those involved and how we can address it as employees and employers in order to move our workplaces beyond the bullying. Contact Abby to schedule.

Stress During Uncertain Times. A new twist on our stress management class to address stresses linked to COVID-19, social isolation and anxiety about the unknown. Contact Abby to schedule.

Grow & Give: A Modern Day Victory Garden. Having a modern day victory garden beats another trip to the grocery store and the ability to get outside (in the midst of stay-at-home orders and limited travel) is a bonus! "Grow & Give: A Modern Day Victory Garden" will walk you through the steps of getting your garden started, regardless of space! Contact Abby to schedule.

Masks and More. The ins and outs of cloth face coverings to slow the spread of COVID-19, why we need them, how to wear them and how to make them. Contact Abby to schedule.

Fast Facts on Fasting. Intermittent fasting is taking the eating world by storm, but is it a good choice for you? This class will discuss some fast facts on how fasting works, different options for fasting and whether it is a good plan for your eating style. Contact Abby to schedule.

Resiliency. For years we have been teaching people to manage their stress or stress less, however we forgot the important step of teaching people how to learn from the stress and bounce back stronger than before. This program will provide you with some tools to become more resilient in your everyday life! Contact Abby to schedule.

Abby's Covid Kitchen. On-demand healthy recipe videos that you can distribute to employees to learn how to make a variety of quick and easy, healthy recipes. The list of recipes is always changing, so contact Abby to see what is available.

Food Fraud. An in depth look at how food companies have created and marketed foods that are hard to resist and hard for our bodies to understand and utilize for good nutrition. This class will help you understand why it is so hard to change our eating behavior and shed a light on how to improve our eating—despite what we are offered in the stores! Contact Abby to schedule.

Fight Inflammation with Food. A closer look at what may be causing inflammation throughout your body and a food-based plan to combat it! Contact Abby to schedule.



Updated: Life's Simple 7. This class will walk participants through 7 simple things they can do RIGHT NOW to improve their health! Contact Abby to schedule.

Updated: Buy Well, Eat Well. Good nutrition starts with smart choices in the grocery aisles! Over 75% of the items we put into our cart are the same week to week...are you making good choices? Join us to see how your cart stacks up. Contact Abby to schedule.

Taking Care of Your Well-Being When It Matters Most. This class touches base on the importance of taking care of your mental self during stressful times, focusing on keeping connected to others and yourself while keeping your resilience intact. Contact Danielle to schedule.

The Importance of Movement during Stressful Times. Movement of any kind is beneficial for your body and mental clarity. During times of uncertainty, it's even more important. This class will touch base on how movement helps with anxiety, builds your immunity and decreases your stress. Contact Danielle to schedule.

Immunity Boost. This class will discuss strategies to boost your immunity before and during stressful times, keeping your body healthy so it can fight against infectious organisms. Contact Danielle to schedule.

Let Food Be Thy Medicine and Medicine Be Thy Food. Overall, seeing your food as medicine helps you make better decisions about what (and how) to eat in order to make optimum decisions for your own wellbeing. Contact Danielle to schedule

The Last 90 Days Series (October – December) OR The Next 90 Days Series (any time between January – September). This is a 5 class series over 3 months with the overall goal to familiarize you with the concept that “it takes 21 days to create a habit, 90 days to change your life!” What if you committed to living your last/next 90 days as hard as you commit to living the first 30 days of the New Year? Contact Danielle to schedule.

Class 1: Five to Thrive. Building your foundation by focusing on water intake, body movement, gratitude, getting up an hour earlier and giving up a food you know shouldn't have.

Class 2: What's Your Why? With a Vision Board, you create a visual image of what you want in your life and place your attention on it every day. A Vision Board is a daily visual reminder that keeps you focused on your goals, your dreams, and your purpose in life.

Class 3: I'll Start Tomorrow. Unless you fight through your instinct and change your pattern, you will not move forward! Stop saying you'll start tomorrow and start today.

Class 4: Keep the Eye on the Prize. Are you still on track with your goals or is the motivation fading? We will discuss strategies to get you through the slumps and back on track.

Class 5: Plan For Success. It's not about how many times you fall that matters BUT how many times you get back up! Let the Last 90 Days spring you forward in the right direction.