

Top Ten Lunch and Learn Seminar Solutions

Healthy Eating on the Run

A Registered Dietitian provides sound knowledge and expert tips on how to choose healthy eating options while at work or home when pressure-filled days make meal planning and preparation a challenge.

Intellectual Wellness

This session gives employees a basic understanding of healthy brain function and the benefit of lifelong learning. Ideas for incorporating stimulating brain activities into everyday life are explored to provide all employees with practical, takeaway resources.

Internet Safety

While parents are concerned about their child's safety in using the internet, they may lack the knowledge that their own practices with sites such as social networking ones are creating vulnerabilities for their family. Participants to this session will learn what to avoid, how to safely stay connected and where to find help with new technologies such as downloadable applications.

Introduction to Mindful Relaxation

A relaxation expert will take the group through various light stretching and breathing exercises appropriate for the work environment, ending in a guided visualization. The power of this session is the demonstration of the benefits of deep relaxation while infusing the individual with energy and a feeling of rejuvenation.

Workstation Wellness

This session educates employees on the importance of using proper body mechanics during the workday. In addition, self-assessment of the physical environment is discussed and a user-friendly checklist is provided. Employees are also shown a series of stretching techniques for use at the workstation.

Nordic Walking

During this hands-on workshop, participants will have the opportunity to learn about the benefits of Nordic walking compared to regular walking and also to try proper poling techniques. The session will also cover how to become involved in organized Nordic Walking events in the community.

De-Stress for Success

This session has been designed to assist individuals in identifying their stressors and teach them coping strategies to help minimize the impact. Participants will be challenged to set personal goals and to start using the new tools and strategies immediately.

Pump Up Your Walk

During this interactive session, a walking coach will teach employees four techniques to help them walk faster, burn more calories and tone hips and thighs. Each technique will be practiced and one-on-one feedback will be provided to the participants.

Healthy Backs at Work

This seminar will explore the causes of back problems and pain using both visual and sensory methods for participants to become more aware of their own back posture and movement habits. A back specialist will explain how to achieve and maintain good back health with regular exercises and proper lifting and stretching techniques.

Eat Smart to Beat Stress

This seminar will assist employees in making healthy eating one of their first lines of defence for dealing with stress. The focus will be on educating participants about the 10 key nutrients and food sources for managing stress and optimizing “fuel for brain function”. Each participant will leave with a personal goal for introducing new foods as part of their coping strategy.

Why Wellness at Work?

Wellness at Work has created, presented and collaborated in the development of many seminars over the past 20 years. This experience has included providing lunch and learn sessions as well as half and full day workshops to organizations and companies,

both large and small. Each session, from 30 minutes to a full day, is tailored to meet the needs of the workplace. Wellness at Work does not provide a “canned” presentation but will utilize information provided by the workplace in conjunction with recognized health promotion techniques and the latest research to address the chosen topic. For participant learning to occur, each session will be planned with awareness and education objectives to be achieved. The follow-up process evaluation will ensure that short term outcomes are captured so that the workplace can track progress toward its wellness goals.

If you have any questions about the sessions above or would like an outline for a different wellness topic with a quote, please contact us at info@wellnessatworksolutions.com.