



SEMINAR

DESCRIPTIONS

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Exercise

Benefits of Exercise and How to Get Started: This session describes all of the benefits associated with consistent exercise including physical, emotional, and cognitive benefits.

Building a Personalized Workout Plan: Many people desire to become active, but don't know where to get started. How does someone know which exercises to begin with that will aid them in their progress without injury? This seminar discusses how to get started, exercises to include, and planning out a personalized workout routine and schedule.

Exercise Physiology: This session will go over what happens to our body and mind when we exercise consistently. It will also discuss the benefits of exercise from a physiological standpoint

Fitness at Work and at Home: Participants will learn how to put together an exercise program that needs little to no equipment and may be done from the comfort of home or work.

Fitting in Exercise: This is a time management seminar to help participants identify how they can get in some form of exercise on most days of the week. Participants learn how the benefits of exercise may be enjoyed after just 15 minutes and how consistency is key!

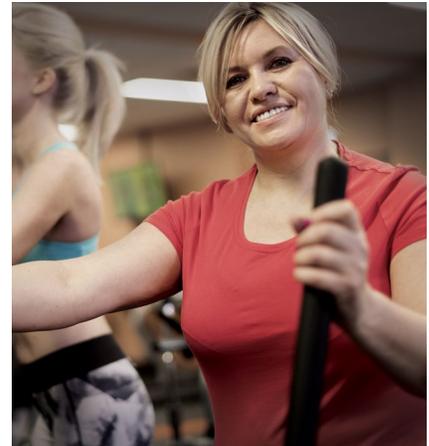
Importance of a Core Workout: This seminar helps participants understand why including the core in every workout is beneficial and provides them with some specific exercises to include in their overall exercise program.

Kick Start Your Exercise Plan: This seminar discusses how to move from being mostly sedentary to becoming a person who moves more. It explains how to develop a program that works for those individuals who have no time, don't like gyms, or have a hard time getting or staying motivated.

Making Time for Exercise: The number one reason that most people do not exercise is the perceived lack of time. Participants will learn ways to manage their time better. They will know how to rearrange their days and thinking patterns in order to have both the time and motivation to create and follow through on an exercise plan.

The Many Types of Exercise: There are several different types of exercise and each has its own benefits. Participants are educated on cardiovascular, strength-training, flexibility, resistance, and balance exercise, as well as specific types including Yoga, Tabata, Barre, Circuit, and more.

Motivation to Move: This seminar helps participants understand how they can create a little motivation to move more. The importance of sleep and stress management is discussed, as well as how to get started in exercise.



Want to learn more about one of our 8-week Exercise Programs?



Mission FITpossible:

- This is an 8-week virtual fitness competition. At the beginning of the challenge participants will take a pre-assessment measuring body fat %, waist and hip inches, and a fitness test.
- Each week participants receive an email with 2 virtual workouts, an invitation to a webinar on a specific nutrition or exercise topic and a weekend warrior challenge to complete. The prizes go to the employee who loses the most body fat %, loses the most collective inches, or increases their fitness capability the most.
- One prize per employee.

Exercise (continued)

The Power of Walking and How to Add it To Your Lifestyle: During this session, participants will better understand the benefits of walking and how a walk can be powered up to have substantial physical and mental benefits.

Understanding Heart Rate and Why it Matters: During this session participants, are educated on the basic physiology of the heart, how to find maximum, target, and resting heart rates, and why that matters to overall health.



Stress Management

Caregiver Stress: Many times, it is the caregivers who ignore their own health in the pursuit of those they are caring for. However, when we don't take care of ourselves, we can't take care of others as well. Caregiver stress is a specific form of stress that includes guilt, shame, difficult conversations, and the like. Come to this session to learn more about caring for yourself so you can take care of others better.

Financial Stress - Learning to Be Fiscally Fit: This seminar helps identify ways in which a person feels financial stress as well as ways to manage the reactions. Participants will realize that having stressful reactions to financial issues will not make money grow on trees. This seminar further teaches participants how to implement strategies that reduce the instances of feeling financially stressed.

Holiday Stress: The holidays tend to be a time when people have added amounts of stress due to schedule changes, visitors, added responsibilities, and emotional experiences. In addition, we are made to believe that this should be the happiest time of the year. It is no secret, however, that more people experience depression during the holiday months than at any other point during the year. This seminar explains how to prepare for the holidays so that stress does not ruin the holiday spirit.

In the Knick of Time: Time, or lack thereof, tends to be one of the greatest stressors that MOST people experience. People tend to pack more into their daily schedules than is actually possible. It's common to not understand how long certain activities take and in addition, people don't use time strategically. This session presents concrete strategies for using time more effectively and for alleviating some of the stress experienced due to lack of time.

Living Simply: This seminar examines how individuals create their own stress by being overstimulated while also having unrealistic expectations of themselves and others. It helps participants see the value in reconnecting with the simple life and how it can help manage the chaos of their lives.

Want to learn more about one of our 6-8 week Exercise Programs?



Waikiki Walking Challenge

This is a 6-8 week walking challenge (client choice).

Participants will pick teams of 4-6 co-workers. This program will have a kick-off that includes lunch for 30 people and additional employees can be added for a small fee. There are weekly challenges to keep the excitement going. The top three teams to walk the most win prizes!



SEMINAR DESCRIPTIONS

Stress Management (continued)

Making Time for You: Predominantly, people spend their time on other persons and things rather than themselves. They work 40+ hours per week, take care of children or ailing parents, do errands, complete chores, and do household projects. If there is 30 minutes in a week, we sit down to relax. This seminar teaches participants various approaches to being creative with their responsibilities so that they have at least 60 minutes to themselves every day.

Physical and Emotional Impacts of Stress: This seminar examines all the ways in which stress negatively impacts people's lives. It looks specifically at what happens to the physical body when someone is feeling stressed as well as how emotions are impacted.

Practical Strategies to Manage Time: Always feel like you don't have enough time? Come to this session to learn some practices you can put in place to manage everything on your plate without feeling overwhelmed

Preventing Burnout: Most people have experienced burnout at one time or another in their lives. This happens when an individual feels completely overwhelmed with responsibilities, is exhausted, and is unable to function normally. This seminar focuses on methods to manage stress BEFORE experiencing feelings of burnout as well as how to recognize the first indications of burnout.

Reducing Commuter Stress: Traveling to and work either by car, bus, or subway, can cause a lot of stress. People are in a hurry and often we are running late. Join us for this session to learn some ways to reduce the stress you experience commuting.

Reducing Risk of Stress Related Health Conditions: Not many people realize how much stress can affect all areas of our personal health. This session goes over the various stress related health conditions related to: Blood Pressure, Immunity, Migraines, Digestion, Diabetes, Cholesterol, etc. And also includes helpful tips on how to manage stress and reduce risk of these conditions.

Relax, Rejuvenate, and Respond: The 3 R's are imperative in stress reduction. Learning how to relax is a skill that many people in today's society do not have. After feeling stressed, it is important to care for the body and rejuvenate the mind and soul in order to get back to a place of full functioning. Learning how to respond to stressful situations may most importantly reduce the likelihood of experiencing stress to begin with. These tactics have proven to be successful in reducing overall stress in individual lives.

A Relaxation Practical: This 60-minute presentation teaches participants at least 5 stress management techniques that may be used to help minimize stress. It describes some common stressors and helps participants choose which stress management techniques work best under which circumstances.

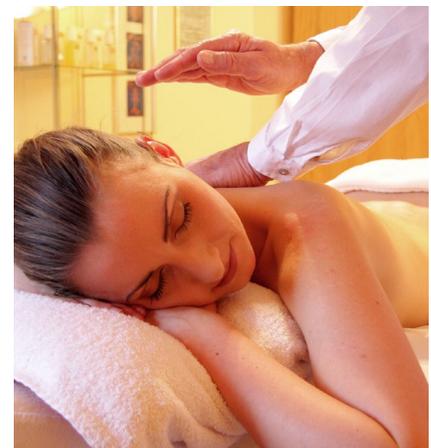
Stress and Breath at Work: This session discusses the common aspects of stress that most people experience during the workday. It provides practical solutions to change both the circumstances (if possible) and the perception of the stressful situation. Participants will learn three 3-minute stress reduction strategies that help will them manage stress while at work.

Want to learn more about one of our 6-week Stress Management Programs?



Stress LESS:

- A 6-week stress relief and management program. Each participant will learn about the physiology of stress, how to identify specific stressors and some practical relief strategies.
- We will discuss time management and how our overall wellness can be positively or negatively effected by our stress levels.



SEMINAR DESCRIPTIONS

Stress Management (continued)

Stress and Heart Health: Heart disease is one of the major killers of American men and women, and many cases are completely preventable through lifestyle changes such as healthier eating, increased physical activity, stress management, and smoking cessation. Stress causes the body to increase blood pressure which is significantly related to heart disease. This session explains how these two topics are related and what participants can do to minimize their risk.

Stress and Resiliency: Stress is by far the most dangerous health impact to our bodies. It can increase overall inflammation and risks of major chronic diseases. Learning to be resilient to stress can help reduce the amount we feel. Join us for this session to learn more about what happens during a stress response and how more resiliency can be implemented to daily lifestyles.

Stress-less Eating: This session specifically looks at how stress can impact not only the foods we choose to eat but also how and when we eat. Stress causes the body to release hormones and neurotransmitters in a way that is not 'normal', and therefore the body expresses hunger as a way to store food in the event of perceived danger. The body will also crave foods that tend to be unhealthy to provide quick energy to assist with the fight or flight action.

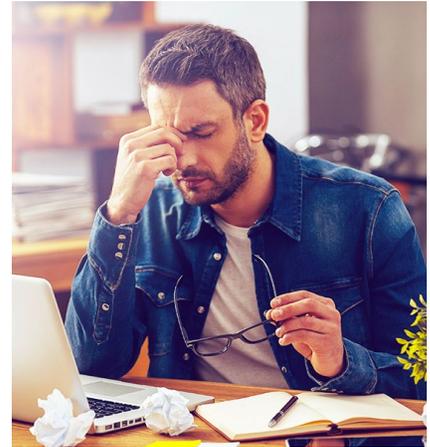
Take a Deep Breath: Sometimes all you need is to just take a deep breath! One of the quickest and easiest tools to manage our stress is to utilize our breath. This session goes over the physiological health benefits of using our breath, various breathing techniques, as well as, the importance of respiratory health and keeping healthy lungs.

Top 10 Stress Management Techniques: There are many different ways a person can manage his or her stress. Because stress is an individually experienced episode, everyone has a variety of actions they can do to feel less stressed. This seminar outlines the top 10 ways that help people feel less stressed including physical, psychological, and social reduction techniques.

Understanding Stress: This seminar discusses the physiology of stress and how it can be both beneficial and detrimental to the body and mind. Participants will understand the different types of stress, as well as common triggers that influence stressful reactions. Participants will also learn some general stress management techniques.

Using Exercise to Reduce Stress: This presentation focuses on the physiology of stress and how it impacts the body and mind, while also exploring the research behind exercise and its stress reduction benefits. It discusses how exercise may help maintain and even lower blood pressure, increase blood flow to the brain and muscles, and decrease the negative impacts of stress overall.

Vacation Stress: Vacation is supposed to be a time for relaxation and rest, but often it turns into just another week of stress. This seminar discusses manners in which to really use vacation the way it was meant to be. Participants will understand various ways to feel at ease with going on vacation, taking time off, and not checking in at work.



Stress Management (continued)

Work and Family Balance: Balancing work and family is an art that many people are continually trying to perfect each and every day. Picture an image of the person at the circus balancing ten plates, and when one plate wobbles, they all fall down. This session helps participants use their resources to their advantage so that they feel less stressed and more able to balance the time they have for work and family.

Workplace Stress: The workplace can be stressful for many reasons including too much work and not enough time, lack of resources, poor workplace relationships, and a lack of boundaries. It is important to learn how to respond to these stressors because people spend over a third of their time at work. This session provides specific strategies for participants to help them minimize stress experienced during the work day.



Nutrition

Being a Fat Detective: This session helps participants understand the benefits of fat and its purpose in maintaining health. In addition, they will better understand the different types of fat and how they can be used in a healthful diet. The low-fat and high-fat diets and their benefits and drawbacks to health are described as well.

Choosing Clean Foods & Snacks: Food production in the United States has taken a turn for the worse. We are mass producing, genetically modifying, and adding things to food for the look, feel, taste, or texture that don't come in the food naturally. Some of these additives are toxic. Join us to learn more about what you are putting in your body with each bite.

Conquering Cravings & Addiction: Sugar, Salt & Fat: Highly palatable foods are high in sugar, salt and fat. Like addictive drugs, highly palatable foods trigger feel-good brain chemicals causing the consumer to have continued cravings that can lead to addictions. Come to this session to understand your brain's response to certain foods and how to overcome your addictive eating habits.

Detoxing Your Beverage Options: Water is the only liquid we NEED but we often supplement our water with coffee, tea, sugary drinks, alcohol, and powders. Come to this session to learn what to look for in your drinks to ensure the healthiest choices.

Eat This Not That: Like the book, this session will review types of food choices and which choices are healthiest overall. Reading food labels can be difficult and packaging can be deceptive. Join us for this session to learn how to tell which of the 17,000 grocery choices are the best for overall health.

Want to learn more about one of our 10-week Weight Loss Programs?



Quarantine 15:

- Interested in mini webcasts and a program that teaches the basics in quick manageable bites while also challenging participants to healthier living? Try our Q15 program! Participants will have a goal of losing 1.5% body fat or 15 pounds (virtual participants) in this fun program aimed at slimming down after quarantine.



SEMINAR DESCRIPTIONS

Nutrition (continued)

Eating Out Healthy: Most Americans eat at least 3-4 times per week outside of their homes. Food in restaurants is often cooked less healthy with more fat, salt, and sugar than food prepared at home. In addition, the portion sizes are typically much larger than 1 serving. This seminar presents real examples of healthier options.

Eating to Live: This seminar discusses all the ways that nutrition can help prevent disease and help participants feel better. It shares which aspects of nutrition have a particular role in feeling good every day.

Festive Nutrition: This seminar focuses on how to maintain healthy habits during the holiday season. The average American increases their calorie intake by at least 25% each day during the holiday season which can pack on the pounds for some individuals. Participants will receive healthy recipes and ingredient substitutes that will manage the calorie intake during these times of the year.

Food Prep and Making it Work for You: During this seminar, participants learn constructive strategies for preparing meals in less than 1 hour per week. Recommendations will be given for certain meal prep ideas, as well as what equipment to purchase to assist in meal prep.

Healthy Eating as a Habit: Habitual eating choices are usually the most difficult to break. Food choices are often made due to time, marketing, availability, or some emotional need, rather than eating the foods that the body physically needs. Participants will be provided with useful strategies for making healthy eating a habit.

Importance of Hydration: This session is dedicated to what happens when people are dehydrated and details all of the symptoms associated with not drinking enough water.

Macro-nutrients and Balancing the Diet: During this session we will discuss the three macro-nutrients: fats, proteins, and carbohydrates. We will define each, give parameters around recommended daily servings and talk about the healthier options within each category. We need all macro-nutrients in our diets, but achieving the optimal balance of each within our diet is key to our health.

Meal Preparation & Planning: We get it- who has time to meal prep? But did you know that if you plan your meals and do some of the prep work ahead of time you can actually save yourself time and money? It's a WIN-WIN. During this session we will go over some tips to make this process easier so that it doesn't seem as overwhelming. Join us to learn how taking a little extra time at the store to get what you need for the whole week limits extra trips to the store. Spending a little time after the grocery store to pre-wash/slice certain items, free meats in family sized bags, and other tips can help you keep this process simple and efficient.

Nutrition & Chronic Disease: This seminar details how different foods can impact health in relation to chronic conditions including heart disease, diabetes, and other illnesses. While much of this research is continually changing, there are some food choices individuals can make that may reduce the risk of certain conditions.



Want to learn more about one of our 8-week Nutrition programs?



- **Nurturing NUTRITION:**
- An 8-week program that teaches participants the fundamentals of nutrition and how to incorporate them into daily life. Participants discuss reading food labels, portion control, understanding what constitutes overall nutrition, vitamins and minerals, smart shopping and other topics that can aid in the decision of what to eat and when.

SEMINAR DESCRIPTIONS

Nutrition (continued)

Nutrition Necessities: This is an inclusive class that will review all the major high-level aspects of quality nutrition like reading a food label, portions, nutrient dense foods and more. Join us to learn about the basics of nutrition science.

Pantry Do's & Dont's: Take a tour of a typical pantry to learn more about the nutritional content of popular foods. America's food system is riddled with 'fake foods' that predominantly nutrient absent. Learn about which foods are better choices and which ones are best left at the grocery store.

Protein Does a Body Good: Protein is the most major building block of our body. It has a lot of uses not only for cell repair but also energy and muscle development among many other uses. Join us to learn more about this macro-nutrient and the healthiest sources to get it from.

Reading Food Labels: Food labels are the foremost way to understand what people put in their bodies. Thankfully, over the past two decades, the government has created laws that every food item must have a food label which must be printed in the same general format. This seminar dissects each part of the food label to help participants identify the important parts of the label. They will also gain a better understanding of their favorite foods and what they comprise.

Redefining Your Relationship with Food: This session focuses on the emotional relationship people have with food. It describes how humans are biologically predisposed to ensure their own survival through avoiding danger and ensuring access to food. In today's society, many individuals are eating for reasons other than hunger and often eat more than physiologically needed. This discussion helps identify emotional relationships to food and how they can be managed to prevent overeating, mindless eating, and the consumption of foods that may increase risk of weight gain or illness.

Reducing Added Sugars: The average American consumes 80% more added sugars in a day than is recommended by the FDA. Our food supply is riddled with 42 different types of added sugars and many of them are hard to spot. Come to this session to learn about the different types of sugar, how to reduce your intake and receive the health benefits of reducing added sugars in the diet.

Shopping Smart: This session takes participants on a tour of a generic grocery store. They will visit each area of the store and learn about the healthy vs. unhealthy choices. Participants will also grasp what choices seem healthy but upon inspection are probably not.

Smart Snacking: This seminar defines a SMART snack and provides some examples. Participants will know what makes a good SMART snack for pre- and post- workouts, for after lunch at the office, and for those nighttime cravings.

Taking a Closer Look at Macro-Nutrients: This seminar focuses on Fats, Proteins, and Carbohydrates and helps participants understand that each of these have an important role in the body. It also recommends the types and amounts of each macro-nutrient to include in a healthy eating plan.

Understanding General Nutrition: This course is a basic overview of aspects of nutrition. It covers understanding fats, carbohydrates, and protein, and discusses the importance of resting metabolic rate and daily caloric needs. Participants will grasp how nutrition choices impact not only their weight, but also their risk for chronic illnesses and overall well-being.



Want to learn more about our Food Demos?



- **Food Demos:**
- Looking for an engaging activity to provide as part of your wellness program? We can provide food demos, our smoothie bike, a smart snack table and more!

Nutrition (continued)

Vitamins, Supplements & Minerals-Oh My!: Knowing which vitamins are needed and which ones are not can be an overwhelming task. This session examines each vitamin and mineral to get an understanding of the ‘power foods’. It also discusses which supplements may be beneficial and which ones may be riskier than the labels imply.

A Waxy Substance Called Cholesterol: This seminar explains what “good” and “bad” cholesterol are and how they can be managed to healthy levels. Participants learn which foods may increase ‘bad’ cholesterol and are given constructive methods for lowering ‘bad’ cholesterol and raising ‘good’ cholesterol.

You are What You Eat: This session explores how eating certain foods can make people feel run down and tired or make them feel energized. It describes the best times to eat certain types of foods and why over-eating other types of foods should be avoided.



Other Topics

Asthma Awareness: During this seminar, participants learn about the triggers that increase the risk of an asthma attack. It also helps identify various ways to reduce inflammation in the lungs. It will educate participants on exercise-induced asthma as well as the differences between acute and chronic asthma. Lastly, the manners in which allergies are connected to asthma flare-ups are explained.

The Brain-Gut Connection: Our Gut Brain Axis is a system that communicates between our digestive and neurological systems. In this session, participants will learn all the ways that the brain and digestive system share information and impact each other. We will discuss types of microorganisms and how they are doing their job most effectively. Poor gut health is linked to all sorts of issues including depression, anxiety, skin irritation, hyperactivity and more.

The Building Blocks of Wellness: Change to: Wellness is a term used to describe both physical and mental well-being. During this session we will talk about the 7 dimensions of wellness and how we can tackle each one to feel the best that we can physically and mentally.

Caring for the Beat of Your Heart: Heart health is always in the news with stories about what to eat and how long to exercise. Come to this session to get a basic understanding of the cardiovascular system as well as tips and tricks to making better heart health choices.

Want to learn more about our 12-week challenges?



Healthy Habit Challenge:

A 12-week challenge where participants create new healthy habits each week.



SEMINAR DESCRIPTIONS

Other Topics (continued)

Changing Tiny Habits: Habits are developed in life to help the brain manage the amount of information it receives. Please attend this class to learn more about how to make small changes to our daily habits to better our overall health.

Choosing Healthy Skin Products: Ever wonder what goes into the products you are using on your face and skin every day? Join us for this session to better understand which products have toxic chemicals and which ones are considered safer as far as risk to our health.

Chronic Disease Prevention: Chronic illnesses like Heart Disease, Diabetes, and Asthma are often caused by preventable lifestyles factors such as smoking, poor nutrition, and sedentary living. Participants will understand which lifestyle factors lead to which diseases and will be provided with constructive methods for changing their habits.

Clearing Out Toxic Cleaning Products: Most brand-name cleaning products have a lot of chemicals in them, some of which are known to cause cancers and other health issues. We hope you join us to learn more about which products are toxic and how best to protect yourself as well as some brands and ideas that can reduce exposure risk.

Create Health Goals NOW: Once people know what a healthier lifestyle looks like, they need to learn how to implement the suggestions practically in their lives. This seminar helps participants create SMART goals with action steps that increase the likelihood of being successful in making healthy changes.

Creating Your Virtual Workspace: The days of working at least part-time from home are here to stay for many employees across the country and the globe. This session will walk through how to build a space at home that is suitable for work and limits distractions while improving productivity and organization.

Delaying a Dose of Diabetes: Diabetes affects millions of Americans and is one of the four leading causes of preventable death in this country. 95% of people with diabetes have Type II which is caused by lifestyle risk factors such as obesity and sedentary living. This session or series of sessions will be geared towards employees who are either Pre-Diabetic or who do not have either Pre-Diabetes or Type II Diabetes.

Detoxifying Your Life: Sometimes the most toxic thing do to our bodies is our negative thinking, toxic relationships, and low self-esteem. Join us for this session to learn how to clear your life of toxins and get ready for a healthier you – mind, body and soul!

Getting Rid of Toxic Household Products: Did you know that almost all of the products we use in our homes have some type of chemical component that may not be great for our health? Join us for this session that will take a look at some of the most common products and how to avoid those that are most dangerous.

Healthy Aging: Aging is inevitable, but we can be actively aware of how to age in a healthy way throughout our life. This session goes over healthy aging topics such as: primary prevention, skin health, nutrition and body composition, memory and cognitive function and many more! Come to this session to learn how to age gracefully and in your best health.



Want to learn more about one of our 8-week challenges?



BeWELL:

An 8-week program that helps participants understand the best ways to stay healthy, prevent chronic injury and disease, and feel their very best! This program touches on the pillars of overall wellness including: nutrition, sleep health, stress management, exercise and more.

SEMINAR DESCRIPTIONS

Other Topics (continued)

Healthy Sleep Habits: The importance of sleep should be a priority as proper sleep hygiene can impact one's ability to manage stress and time, defeat weight gain, and reduce the risk of some illnesses. Most Americans get less than the recommended 7-8 hours per night and suffer the consequences each day. This session helps participants understand the importance of sleep and how they may be able to fit in the recommended amount.

How Metabolism and Hormones Play a Role in Health: Understanding how metabolism works (and what it doesn't do) can be really helpful when a person is trying to lose, gain, or maintain weight. During this session we will talk about how metabolism fluctuates throughout a lifetime and ways that you can increase your metabolism. We will talk about how our hormones make a big difference in our metabolic process.

Importance of Primary Care: The importance of having a primary care physician is important in overall health. This person follows your general health year after year and can help coordinate care. Join us for this session to understand why this is important, how to pick a good PCP, and typical tests/ screenings that are important at various stages of your life.

Incorporating Stretching to Benefit Health: Did you know that most physical pain is caused by poor posture and lack of stretching? If you have an aching back, stiff neck, or achy joints this session is for you! We will talk about the physiology of stretching as well as provide a short demo on a good stretching routine for people in various roles in the workplace.

The Inflammation Response: The webinar looks at inflammation and the causes of it within the human body. We will talk about not only foods that cause/reduce inflammation but what diseases are directly related to inflammation. We will also talk about natural ways to reduce inflammation.

Making Conscious Health Choices: Sometimes food choices and amounts are decided upon in a habit type of way where we choose foods we 'always eat' and we choose amounts that are not based on serving size but rather satiety. This program will go over how habits form and which ones we should consider changing for healthier living. At Wishing Well Works we talk about making conscious choices and deliberate decisions about lifestyle- join us to learn more!

Neck and Back Pain Prevention: Most American's will suffer from some form of back or neck pain in their lives. With proper posture and use of other strategies most people can either get rid of it completely, or learn to manage it without aid from medications.

Overview of Blood Pressure: High blood pressure is a leading cause of many chronic health conditions and can be a pre-cursor to cardiovascular disease. Come to this session to learn how best to prevent high blood pressure, what types of diets best support blood pressure control and why it matters.

Physiological and Psychological Connections: This session talks about all of the different ways that the brain and the rest of the body communicate to one another. We will discuss hormones, neurotransmitters, and how they are not only responsible for proper messaging throughout the body but also how our lifestyles can impact their function.



Want to learn more about one of our 6-week programs?



Dare to Detox:

Removing Toxins from Your Life. In this 6-week program we will discuss the numerous chemicals that are found in our foods, skin care and cleaning products, and more!

SEMINAR DESCRIPTIONS

Other Topics (continued)

Primary Prevention: Having a relationship with a primary care physician is an important first step in overall health. Visiting your practitioner once per year to get valuable year-to-year data on your overall health can help a person become aware of any changes that could indicate onset of health problems. Join us to learn what to look for in a PCP, tests and screenings that are important, and questions to discuss with your provider.

Ready, Set, Get Healthy Now: Are you interested in getting healthier but aren't sure where to start? Join us for this informative session that will provide specific measurable steps a person can take to live healthier. Taking small steps while also understanding current habits, addictions, and choices will lead to success.

Reducing Your Risk of Cancer: It seems like everything comes with a cancer risk these days! Join us for an informative session on learning the various ways we can reduce our risk. We will discuss controllable and uncontrollable risk factors, screening recommendations, and overall lifestyle choices that both decrease and increase our overall systemic risk factors.

Reducing Your Risk of Heart Disease: This seminar discusses all the different ways to reduce the risk of heart disease including healthy eating platforms, exercise, stress reduction, and smoking cessation. Participants will be advised to learn more about each topic in depth, if they are currently at risk. While some risks are not preventable, others are, and those preventable risks are the focus of this presentation.

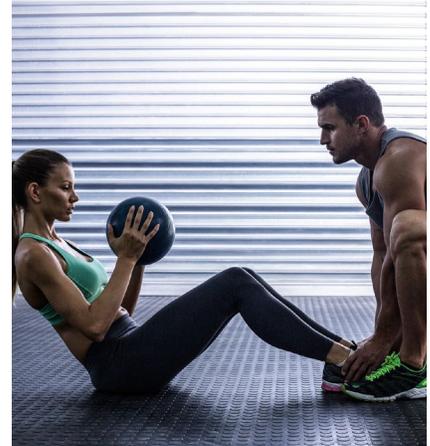
Self-Care for the Caretaker: This session may be offered to people working in the healthcare field or to those caring for an ill person. It is about taking care of oneself and its importance in becoming the best caretaker possible. Research suggests that the finest caretakers in the world are those who take time for themselves, set up boundaries of care, and know how to say NO to certain requests.

Skin Health: Your skin is considered the largest organ in your body. It is the first line of defense for our immune system. Come to this session to learn more about how to keep your skin healthy and when you should visit a dermatologist with concerns.

Total Prevention: Getting a better understanding of which health behaviors lead to increased risk of chronic illness is the focus of this presentation topic. In an effort to prevent negative health consequences, the importance of eating a nutrient dense diet, increasing physical activity, getting quality sleep, and managing stress will all be discussed.

Wellness: A Family Affair: Good health practices help us minimize our risk for lifestyle related diseases but if everyone in the home isn't on the same page it can prove difficult for the individual. Join us for this session to learn creative ways to get your whole family involved in healthy living.

Wellness Wisdom: Wellness is made up of 7 areas of healthy living. This seminar will explain physical, emotional, occupational, spiritual, social, intellectual, and environmental wellness. It helps participants identify ways in which to create a more well life.



Interested in offering Group Exercise Classes?



Group Ex:

- We can provide them both
- virtually and on-site (Tampa area
- only) for the duration of your
- choice. We can provide Yoga,
- Zumba, Kickboxing, Stretching,
- Pilates, Cardio, and more! We
- even offer reduced pricing
- on packages for long-term
- agreements.

Other Topics (continued)

What's the Deal with Fatigue?: Fatigue is a common symptom reported by up to 38% of the global population. It can be caused by various disorders, illnesses, and behaviors so receiving a diagnosis and getting proper treatment can be difficult. Join us for this session to learn more about the root causes of fatigue and ways to work on regaining your physical and mental energy.



Smoking Cessation

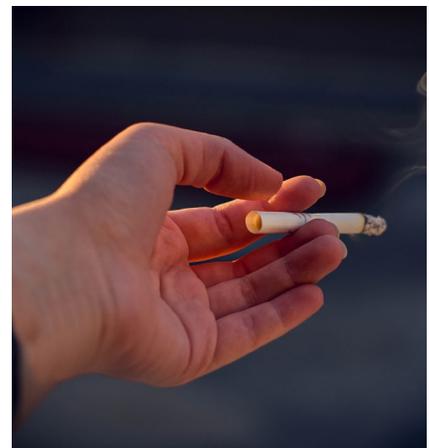
Becoming an Ex-Smoker: This session explores who a participant will be as an ex-smoker. For most people who smoke, the act of smoking becomes part of their identities and without it, they may feel lost. What will an individual do when he or she is on the phone, driving, having a drink at a bar, or spending time with a friend who smokes? This presentation helps people understand the barriers to quitting and how to get past them to become an ex-smoker.

General Overview of Smoking Cessation: This session is a general overview of why people smoke, some of the research-based ways that people can successfully quit, and how to replace the smoking habit with alternative, healthier practices.

Managing the Lifestyle Change: This seminar specifically focuses on the changes that will need to occur in order to maintain life as an ex-smoker. It discusses the reality that the change may be a 5 year process. It details how to reduce the risk of weight gain and how to continually practice being an ex-smoker. Lastly, some lifestyle changes are provided that may better one's overall health and wellness.

Nicotine Replacement Therapy and Non-Nicotine Medications and Therapies: Nicotine Replacement Therapy (NRT) is commonly used to help people quit smoking. All the ways that NRT and cigarette replacement may be used to help quit smoking are discussed including the patch, inhaler, Chantix, electronic cigarette, hypnosis, and acupuncture. Unfortunately, all of these tactics are only successful if a person is able to replace the habit of smoking; this is a major focus of the seminar as well.

Physiology of Smoking and Smoking Cessation: This seminar describes what happens in the body from the time a person lights a cigarette, takes a drag, and exhales, and how nicotine makes changes in the brain. It will also discuss why people smoke even though everyone is fully aware of the damage it causes to health.



Want to learn more about one of our 6-week Smoking Cessation programs?



- **Kick BUTT:**
- A 6-week smoking cessation program created by a former smoker. Participants learn
- how to quit smoking through a behavioral approach, without
- using nicotine replacement.

Smoking Cessation (continued)

Understanding the Addiction and Habit of Smoking: During this session, participants will understand how smoking is both a lifestyle habit and a physical addiction and the difference between the two. It explores how a person will need to quit both aspects of smoking in order to become a successful ex-smoker.



Mental Health

Active Listening: Active listening is the process of hearing someone and being able to summarize what the person said. It includes listening with your ears in addition to your body. Moreover, it means really understanding and processing what another person has said. This session teaches participants how to maintain attention even with all the distractions that infiltrate conversations.

Dealing with Change: This presentation examines how change impacts a person and how everyone responds a little differently. It explores the psychology of how a person is affected by change and how to make the most out of change whether or not the change is desired.

Dealing with Difficult People: Coming into contact with a person who makes life feel miserable has happened to everyone. They are the ones who, having no ability to see outside of themselves, make life difficult for everyone around them. This seminar will teach participants some concrete strategies for dealing with difficult people in a manner that is both constructive and helpful.

Decreasing Tech to Increase Health: Technology has been both a blessing and a curse as it relates to our daily lives. Yes, it allows us to work from anywhere, but at the same time it makes it hard to create boundaries between work and home. This session will go through some of the negative health impacts around the use of technology and how to prevent them from increasing health risk factors.

Developing Empathy: This session examines empathy and why it is very important in general. It also provides constructive approaches to developing empathy and using it in day-to-day interactions with others.

Developing Leadership Skills: This session is meant for employees who are either new managers or who have the desire to become a manager. It explains basic leadership skills and discusses how to develop them as it relates to the workforce.



Want to learn more about one of our 6-week Mental Health programs?



- **Mind SPACE:**
- A 6-week mental health program that helps participants understand the difference between mental health and mental illness. This program goes over depression and anxiety and how to naturally treat them. It also discusses self-care, effective communication, developing empathy and resiliency to stress.

SEMINAR DESCRIPTIONS

Mental Health (continued)

Emotional Health: Understanding Basics of Depression & Anxiety: Up to 53% of adults in America struggle with either Depression, Anxiety or both. It is so common in fact that together they are the 4th most common claim on health insurances policies. Attending this session will help you better understand each of these two mental health challenges as well as discuss some non-pharmaceutical ways to manage them. Because we are not medical doctors or psychologists, we will focus on self-care strategies and other lifestyles that can boost mental well-being overall.

Effective Conflict Resolution: During this seminar, participants will better understand conflict and how to resolve it in the most effective ways. Emotional awareness, perspective taking, and empathy are all primary discussion points.

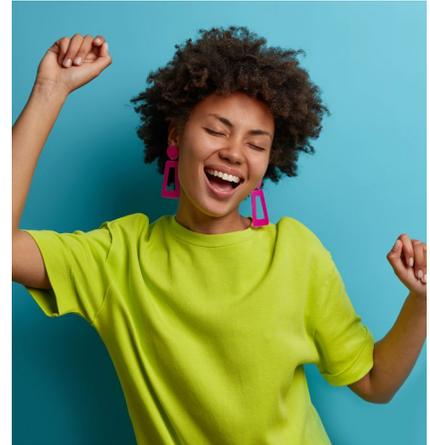
Finding a Path to Optimism: Unfortunately, the world is often overwhelmingly filled with negativity and bad news. In addition, most people lack effective coping mechanisms. However, being optimistic may alleviate stressful thinking and even some health conditions. This seminar examines how the brain thinks optimistically and helps participants develop their ability to access more positive thinking through changing their perspective.

Giving Thanks and Its' Benefit to Health: Expressing gratitude is one of the newest areas of psychological study. Gratitude has been shown to reduce symptoms of both depression and anxiety as well as reduce body inflammation. Practicing gratitude for both yourself and others is known to be beneficial for social and emotional health as well. We hope you join us to learn more about this emerging topic.

Loneliness & Its Impact on Relationships: Over the last decade or so, experts have identified loneliness as a top factor in the development of social anxiety and other mental health concerns. Even though most adults are connected in their virtual worlds we seen a steady decline in relationships outside of the home. With Covid-19 this feeling has been deemed a secondary epidemic affecting people of all ages, including young children. Human beings are by nature social creatures and the lack of access to other people or the increase in virtual work and virtual friendships has created a feeling of loneliness and apathy. Join us for this session to learn more about the science behind loneliness and what you can do about it.

Managing Workplace Relationships: Many people spend over a third of their lives with co-workers, and therefore, having positive relationships with them can mean the difference between an enjoyable day and a miserable one. It is important to learn ways to minimize negative outcomes with co-workers and maximize the ability to work well together. Participants will learn strategies that help them build successful relationships with their co-workers, thereby influencing their level of happiness while at work.

Managing the Sandwich Generation: Someone who lives in the sandwich generation is the primary caretaker for both the older generation (parents, aunts, uncles, or even grandparents) and the younger generation (the children who are still dependent in some way). It can be exhausting trying to meet everyone's needs and finding time for oneself. This seminar will teach participants how to balance this role so that life does not become so stressful that it leads to burnout.



Want to learn more about one of our 6-week Mental Health programs?



- **Serious Self Care:**
- This 6-week program will guide participants to discover their true self-identity and build a strong relationship within themselves.
- Participants will learn how to work through their fears and self-limiting belief systems that keep them from reaching their goals and feeling their best.

SEMINAR DESCRIPTIONS

Mental Health (continued)

Mindset and Health Goals: Motivation, Commitment, Perseverance, and Confidence are all part of the healthy living process. This session will walk through how we can set ourselves up for success. We will talk about the difference between internal and external motivation as well as environmental factors that can impact our effort both positively and negatively.

New Year New You: Are you ready to make some changes to your lifestyle but aren't sure where to get started? Join us for this session going over what some typical poor health habits are and how to make effective change in creating new ones. Healthy habits can replace less than healthy habits and it is easier to do that if you follow that plan we present in this session.

Positive Communication: Communication is the basis of all relationships and can either be the bridge between two people or their downfall. This seminar discusses the communication constructs that are required in order to maintain a healthful relationship.

The Power of Positive Thinking: Our thoughts have power! Recognizing our thought patterns and how our thoughts can change behavior is paramount to success. During this session we will help participants understand how their thoughts impact their behaviors, habits, addictions, and more

Relationship Building: This seminar helps participants understand basic human emotional needs and how to create positive relationships with co-workers and other people in their lives. It discusses topics such as communication, emotional expression, and active listening.

The Respectful Workplace: Join us in a discussion about what makes a respectful workplace. We will identify key behaviors that we all need to be aware of both in ourselves and others. We will also discuss how best to manage unpleasant conversations and move toward a more positive culture.

Showing Kindness to Self & Others: Kindness has a positive effect on our physical health, emotional health and all human relationships. Often times, kindness can be forgotten in our busy and stressful everyday lives. This session reminds attendees of the importance of kindness and ways to incorporate kindness into their contact with others, as well as in their relationship with themselves.

Surviving the Sandwich Generation: If you are a parent of children under the age of 18 and you have parents that are still alive you are considered part of the sandwich generation. Often times, there is undue stress on people who care for their elderly parents while also taking care of their children. Join us for this session to learn how best to manage your caregiver stress and set reasonable expectations and boundaries.

Taking Care of Thy Self: This program talks about the importance of self-care. We will talk about ways to take care of our personal health so we can be a better parent, employee, partner, and friend. We will touch on topics related to nutrition, sleep, stress management, exercise and more!

Understanding Mental Health: Mental Health has become something we can talk about within our workplaces. Truth be told, most of us have new or worsening mental health since the pandemic and according to experts, that



Mental Health (continued)

isn't slated to change for up to 7 years. Come to this session to learn more about the differences between mental health and mental illness and discuss some ways we can protect our emotional well-being through self-care.

Understanding the Physiology Around Mental Health: Most mental health discussions focus on the emotional changes that occur driving some of our mental health outcomes. This session is focused on the biology and physiology of emotions. We will talk about how hormones, neurotransmitters, and even food can impact mental health.

What Not to Say at Work: Everyone has put their foot in their mouth at one point or another, and usually a simple apology is sufficient. However, it is important to maintain certain professional qualities in order to prevent saying something that will cause more severe implications.

DID YOU KNOW?



- Did you know that employee well-being is directly related to productivity, retention, recruitment, and reduction in accidents and injuries? We would love to review your current program and offer any insights to programming options.



Parenting

Avoiding Gimmies and I Wants: Today's society is a constant barrage of advertisements about what people need to have, who they are because of what they own, and materialism. Children learn these concepts at an early age. This seminar will help parents teach their children the value of hard work and money so that they appreciate what they have and understand the difference between wanting and needing something.

Feeding a Picky Toddler: This topic is commonly discussed amongst parents. Most toddlers go through a stage where suddenly their eating habits are completely different than before. Several strategies will be presented that parents may use to help them get through this stage while still maintaining sanity and a nutritional base for their child.

Getting Your Children Active: Today's society is full of ways to keep kids inactive and sedated while engaging with media. While there are times when this can be beneficial, it is important to balance that with physical activity. Introducing children to activity and exercise at a young age may lead them to a lifetime of healthy choices.

Having Your First Baby: This is a presentation about becoming a parent for the first time. It informs how a parent's life changes from the first day and how to prepare oneself for the big event. It will also examine differences between genders as they prepare to welcome a child into the home. Reliable resources, essentials, and information on infant development are shared as well.



SEMINAR DESCRIPTIONS

Parenting (continued)

Healthy Pregnancy (6 sessions): This series about healthy pregnancy consists of six sessions including The Three Trimesters, Eating Healthy While Pregnant, Exercising During Pregnancy, Labor and Delivery, Pregnancy Self-Care, and Preparing Your Heart and Home for a New Child. Each session can be offered independently or as part of the entire series.

Internet Safety: This session is offered to parents of children between the ages of 6 and 18 who want to ensure their children's safety while online. It will identify programs and products parents may buy that not only monitor children's use but also limit their ability to access certain sites. In addition, it provides the conversations that parents can have with children about being safe online and why that is important.

Managing Parent Overload: Parenting is HARD and while fulfilling, it can put a lot of strain on physical and mental health as well as finances. When parents are burnt out they often have less patience and more stress that they bring to their interactions with children. Join us for this session to learn how to become a calm, cool, and collected parent.

Positive Toddler Discipline: Parenting children between the ages of 18 months and 4 years can be very difficult for many parents. It is a time of increasing independence for the child and increasing frustration for the parent. This seminar discusses how to deal with some common problems including eating issues, hitting, yelling, and toileting. It will provide practical strategies that parents can implement to alleviate much of the stress involved in raising a toddler.

Promoting Positive Self-Esteem: Self-esteem has been regarded as the most important resource a child can have to defeat bullying, negative messaging, and self-defeat. Parents can help influence how a child feels about themselves in a variety of ways. During this session, parents will learn some valuable strategies to help increase a child's feelings of self-worth and esteem.

Single Parenting: Single parenting is probably the most difficult job a person can do. While having the ultimate control over the decisions made on a child's behalf, a single parent does not have another person who can share the emotional and physical workload of parenting. This seminar will discuss ways to enhance a single parent's support system, minimize guilt, and find time for self-care.

Understanding Basic Child Development (1 session for each period of infancy, toddlerhood, school-age, and adolescence): These sessions detail the physical, emotional, and social developments during the chosen age range. Additionally, each session closely examines four of the most highly regarded child development theories and what they state about children in the selected age range.





Weight Management

Breaking Free From Sugar Addiction: This session explores the addictive nature of sugar, the current recommendations for intake reduction, and how to lower the amount of sugar that a person ingests overall. It also shares some foods that contain hidden sugars and what to ideally avoid eating in an effort to eat less sugar.

Constructive Ways to Reduce Fat and Calorie Intake: During this seminar, participants learn sensible ways to lower the amount they eat. Curing the ‘munchies’ with healthier options will be explained as well as knowing how much is too much. Furthermore, mindless eating and learning which foods give the most bang for a buck are discussed.

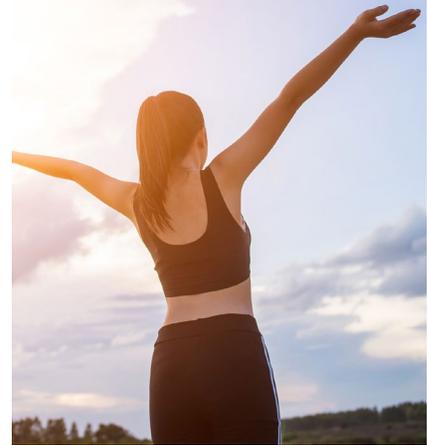
Creating a Functional Exercise and Diet Plan: People often wonder if they are exercising and eating ‘right’. This session explains what a good starting point is in both the areas of exercise and nutrition and how to begin implementing change.

Defeating Weight Gain: Weight gain is a common issue that plagues many Americans. Typically it is caused by eating more than a person needs, but it can also be due to limited physical activity, poor sleep, stress, and genetics. Come to this session to learn about weight gain and some ideas for successful weight loss. At Wishing Well Works we provide education on health which is not always the same as weight loss. But healthy living will lead to weight loss if an individual is meant to weight less than they do currently.

Eating for Fat Loss: Eating healthy and nutritious foods is a consistent goal for anyone trying to live a healthy life, but if the goal is to lose excess body fat as well, added strategic steps can be made in an effort to burn fat to lose weight. Participants will learn healthy eating habits and how to best apply these practices to support a healthy fat loss journey.

Fad Diets and Losing Weight Effectively: Lose weight fast! Lose 15 pounds this week! These are just two of the millions of messages people receive every day on magazine covers, television ads, and in a variety of other places. During this session, participants learn how to recognize a fad diet. They also learn research-based ways for losing weight effectively and in a healthy manner.

Managing Weight Loss Maintenance and Moving Forward: Once you have reached your weight loss goal, how do you maintain it? This is the topic of discussion during this session. We will discuss ways to live long-term with new eating habits and how not to start putting the weight back on. We will help participants understand how to create long term goals to continue to make healthy choices as it relates to lifestyle.



Looking for a weight loss challenge that helps participants think about health over weight?



- **The Weight is OVER:**
- An 8-week weight loss
- program dedicated to teaching
- participants about why weight
- loss is not the whole answer.
- We will discuss exercise and
- nutrition. Participants learn how
- the function of their metabolic
- and limbic systems can aid or halt
- an effort to lose body fat.

SEMINAR DESCRIPTIONS

Weight Management (continued)

Physiology of Weight Loss: Many desire to lose weight but don't know where to get started. This session helps participants make healthy weight loss goals by understanding where they are currently in relation to healthy biometric screening levels and how to work toward healthier ranges. Participants will gain an understanding of the physiology behind weight loss and how to make changes to their lifestyle to support their health goals. Join us for this session to learn about: Metabolism, Effective Weight Loss Strategies, Caloric Needs, and many more.

Portion Distortion: Americans, along with many other industrialized populations, simply eat too much. Portions are much larger than they were 20 years ago and people just don't have a concept of how much food they actually need. This seminar helps identify proper portions and teaches participants practical strategies for estimating food amounts in order to prevent overeating.

Tackling the Big 7: This session explains the most misunderstood nutritional components including Cholesterol (HDL, LDL, and total), Fats (Unsaturated, Saturated, Triglycerides), Sugar, Salt, Fiber, Protein, and Carbohydrates. Each of these 'nutrients' are beneficial in some ways but may be harmful without accurate information and knowledge. Foods which may have unhealthy amounts of these 'nutrients' and foods which may be better choices are discussed.

Using Exercise to Reduce Body Fat: Exercise has many benefits to health. One of the greatest benefits is burning calories and producing fat burning hormones to aid in healthy weight management. Come to this session to learn how to use exercise as an effective tool for losing fat and achieving a healthy body composition.

