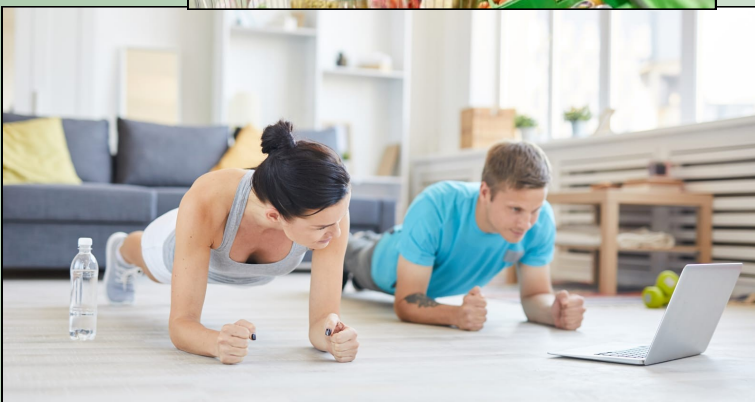


Wellness Works Health Education Programs



2024

A butterfly with brown and white wings is positioned vertically in the center of the image. The background is a dark green gradient. The text is overlaid on the butterfly and background.

The secret

to living well and longer is:
eat half, walk double,
laugh triple and
love without measure.

- Tibetan Proverb

Wellness Works

Health Education Programs

1-800-452-8786

Wellness Works is the Health Education and Promotion Program of the Maine Municipal Employees Health Trust. We offer a variety of health education programs, including worksite education classes (offered in-person, live via Zoom and on-demand) and specialized programs.

The *Wellness Works* department conducts worksite education classes on a variety of topics, from general wellness issues, to fitness and nutrition. Classes are continually being updated and created in order to target current health issues and research developments. **Please keep an eye on the monthly Coordinators' Bulletin to learn about new class offerings as they are released.** If you have a particular idea or class topic in mind for us to add, please contact anyone on our staff and we will see what we can do!

Our health education classes can be arranged to best meet the needs of the employees, whether that be before, during or after work hours!

To schedule any of these classes at your worksite, please contact your Wellness Coordinator. Your Coordinator will then contact us to schedule. *Wellness Works* requires that there be a minimum of ten participants to hold the classes.

Our Staff:

Anne Charles, Health Promotion Manager

acharles@memun.org

1-800-452-8786 ext. 2292

Abby DiPasquale, Health Promotion Coordinator

adipasquale@memun.org

1-800-452-8786 ext 2303

Danielle Yale, Health Promotion Coordinator

d.yale@memun.org

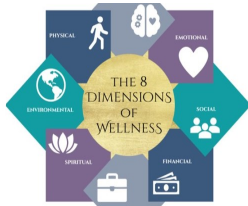
1-800-452-8786 ext 2282

Amanda Nile, Health Promotion Assistant

anile@memun.org

1-800-452-8786 ext 2283

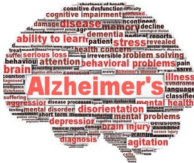




8 Dimensions of Health

Wellness directly relates to the quality and longevity of your life. The 8 dimensions of Wellness include the following: physical, emotional, financial, intellectual, occupational, social, spiritual, and environmental. All 8 of these combined work in tandem to create your overall well-being.

Instructor: Danielle Yale Contact: d.yale@memun.org



Alzheimer's 101

More than 5 million Americans are living with Alzheimer's. Alzheimer's takes a devastating toll – not just on those with the disease.

Instructor: Anne Charles Contact: acharles@memun.org



Am I Losing My Mind?

Many factors contribute to age-related memory loss including genetics, environment, and lifestyle. Research shows that people have some control over their ability to remember and process information and experiences. This class will discuss memory-how to improve it, why we begin to lose our memory with age, and strategies to maintain and increase memory capabilities.

Instructor: Danielle Yale Contact: d.yale@memun.org



Be Summer Smart

Seasonal class best scheduled in May, June, or July An updated look at summer safety, with particular emphasis on the new guidelines for sunscreen usage. Other topics include, heat and hot weather emergencies, basic summer first aid topics, tick identification and removal, and a quick look at Lyme disease symptoms and prevention. This class is sure you make you long for the summer months!

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Check. Change. Control.

How is your blood pressure impacting your health? Should you be concerned that you numbers are too high? What can you do to get a handle on your blood pressure once and for all? Join us for the Check. Change. Control. class to learn more.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Clear Your Clutter

Decluttering involves paring down your items by eliminating the excess. After decluttering, everything remaining should be items you use and love. Learn some strategies on sorting, purging, and finding appropriate homes for items to keep you sane and organized.

Instructor: Danielle Yale Contact: d.yale@memun.org



Coming to a Crossroads: Taking Care of the Caretaker

Caring for an older, ill, or disabled person and taking care of your own family can be challenging as well as emotionally, physically, and financially draining. This class will discuss some ways to make the task a little easier for you and your family whether you are the direct caretaker or someone else in your family is and how to support them.

Instructor: Danielle Yale Contact: d.yale@memun.org



General Programs for 2024

Communicating Your Colors



Take the next step in exploring your personality by Communicating Your Colors! Participants in this one-hour class will explore individual communication styles, effective communication techniques, ways to use your personality to your advantage and much, much more!

Instructor: Abby DiPasquale Contact: adipasquale@memun.org

Creating Good Habits



How many times have you made New Year’s Resolutions but never kept them? They say change is hard at first, messy in the middle and gorgeous at the end. Change is difficult at times but with the right strategies you can be successful at replacing bad habits with good habits. This class will discuss how habits are formed, the good versus bad rewards and many other strategies.

Instructor: Danielle Yale Contact: d.yale@memun.org

Dealing With Difficult People



A difficult person can change the whole look and feel of your workplace, your home, and your social group. Researchers have discovered that there are some common traits that difficult people share. In this class, we will highlight 10 common types of difficult people and discuss some strategies that we can implement to deal with them. Join us to determine how we can adjust our mindset moving forward so difficult people don’t end up taking up more of our brain-space than they deserve.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org

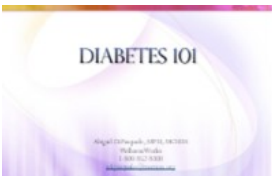
Dealing With Unexpected Change



Have you had an unexpected change in your personal life or at work? Unexpected changes can be difficult to deal with. Learn ways to deal with change in a productive and positive way.

Instructor: Anne Charles Contact: acharles@memun.org

Diabetes 101



90-95% of all cases of diabetes are preventable. In class, participants will define diabetes, determine their risk for the disease, identify ways to reduce their risk, and create an action plan to defy the odds of getting type 2 diabetes.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org

EAP & You



Life is not always easy. But when the going gets tough, there are resources available to help. This class helps participants learn about the new Employee Assistance Program (EAP) that is available for members to turn to for help from caring, experienced professionals. Participants will learn how the confidential EAP works and how to utilize the wide variety of resources that are available FREE of charge.

Instructor: Anne Charles Contact: acharles@memun.org



Family Health History

Your family history holds key information about your past and clues to the future health for you and your children and grandchildren! This class will discuss the importance of knowing your family health history and give you the tools needed to start your own family health tree.

Instructor: Danielle Yale Contact: d.yale@memun.org



Financial Fitness

Feeling the burn? Tired of living paycheck to paycheck, or hoping to step up your savings plan? This one-hour class will look at ways to trim your debt and bulk up your savings! Strategies will be given on how to: create a budget that fits your lifestyle, avoid financial setbacks, boost your financial performance, and stay on track with your financial plan. This class will take you through a financial workout worth doing!

Instructor: Anne Charles Contact: acharles@memun.org



Fit for Duty 1: Law Enforcement Officers

We are pleased to announce that we have a new training series designed specifically for law enforcement officers (LEOs). The Be Fit For Duty, Stay Fit For Life program is designed to walk LEOs through a variety of topics that can prepare them both physically and mentally to respond while on duty, but also stay resilient off duty. These topics are available as an on-demand webinars and can be viewed at any time. The series is broken up into these topic areas:

Introduction—which discusses the four major threats to law enforcement and the most current data we have on the risks to officer health.

Functional Fitness—where we look at how physical activity (particularly functional fitness) can be utilized to make stronger, safer officers.

Tactical Training for Your Brain—not your traditional stress management program. This program looks at how the role of LEOs creates a pendulum swing of response and recovery and also identifies several risk factors for officers if we don't figure out how to control this swing.

Know Your Numbers—is a program all about heart health and the numbers LEOs need to know in order to reduce the risk of cardiovascular disease and other chronic health conditions.

Nutrition—we will explore some key components to fueling the body for response on-duty and off.

Sleep—in this training we focus on how the role of LEO can impact sleep and steps to modify the day to day routine to prepare the body for much needed rest.

Squared Away—this program will look at many of the things LEOs and their family members should have prepared in case of emergency. This will look at essential paperwork, wills and introduce the concept of a “legacy drawer” or “in case of emergency” file.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Flu and You: What You Need to Know

Seasonal class best scheduled in October, November, or December This class will help participants learn the signs and symptoms of the flu, how to protect yourself from getting sick, what steps to take if you get sick and helps you determine if vaccination is right for you.

Instructor: Anne Charles Contact: acharles@memun.org



General Programs for 2024



From Busy to Burnout - and Back

Life and workplace stress is a very real concern for everyone, and many are feeling the effects of burnout. Join Abby to learn how burnout can impact your workplace and some actionable ways to bring back balance into your life.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Gardening: Grow and Give

Seasonal class best scheduled in the springtime months Gardening can be rewarding and is an excellent way to improve your mood, boost family morale and get some outdoor exercise! Being able to grow and pick your own food is rewarding and can also add a nutritional boost to our diets.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Gardening: Square Foot Gardening

Seasonal class best scheduled in the springtime months A “new” method of container gardening that will reduce the garden space by 80%, but still provide you with 100% of the harvest. Square Foot Gardening is ideal for those who hate to weed, have small spaces, but would love to have fresh vegetables on their tables!

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Heart Healthy Living

Heart-healthy living involves understanding your risk, making choices, and taking steps to stay healthy. Not only can these things help reduce your risk of developing heart disease, but they just might improve your overall health and well-being too.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Holidaze

Seasonal class best scheduled in October or beginning of November The holidays come around every year, but they still seem to catch us off guard. This class will discuss ways to get through the holiday season with your sanity intact and your stress in check– and hopefully reduce the holiDAZE that many of us suffer from. It’s time to focus on enjoying the holidays again and not just survive them.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



How Full Is Your Bucket?

A simple approach to life and work that will improve relationships, productivity, health and happiness. This class is designed to be a morale booster in your workplace and provide you with all the materials you need to be a dropper instead of a dipper (not sure what that means, then you need this class)!

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Immunity Boost

Your immune system is your first line of defense when you’re battling a common cold, flu or other illnesses. This class will discuss strategies to boost your immunity before and after stressful times, keeping your body healthy so it can fight to help you heal and stay healthy.

Instructor: Danielle Yale Contact: d.yale@memun.org



General Programs for 2024



Importance of Purpose

Have you ever asked yourself what fulfills you and what gets you excited to get out of bed every day? If you feel you could do more with your life, figure out what your gifts, passions and values are and from there you will find your purpose. Love what you do and do what you love! This class will have a variety of talking points to get the juices going to lead you closer to your purpose.

Instructor: Danielle Yale Contact: d.yale@memun.org



In Case I Die

What if suddenly you were gone. Could your family easily put their hands on all the important documents like your Will or Trust, insurance policies, financial records, etc.? It's time to get your affairs in order and create an "In case I die" folder. This class will walk you through everything you need to have recorded for your loved ones. Preparing for when you are no longer here is not a fun task, but it's crucial to do this for your family.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org

Last 90 Days Class Series

What if you committed to living your last 90 days of this year as focused on your health and well-being as you do with the first 30 days of the new year? The Last 90 Days series is a motivational way to end the last quarter of the year and head into the next year strong. This 5-class series is scheduled every few weeks over a course of 3 months. The mantra is, "It takes 21 days to create a habit, 90 days to change your life." For more information or to schedule this series, contact Danielle at d.yale@memun.org.

Below is an overview of each class in the series:



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 you 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.

Instructor: Danielle Yale Contact: d.yale@memun.org



Laughter Is The Best Medicine

Laughter is contagious and is one of the easiest ways to relieve stress, boost your immune system, protect your heart and overall feel good. Take yourself less seriously and find ways to laugh or find humor each day.

Instructor: Danielle Yale Contact: d.yale@memun.org



Looking Ahead

It is essential to have a living will, however the thought of actually doing one can be overwhelming. This one-hour class will walk you through the basics of advance directives and living wills and provide you with the forms you will need to get yours done today!

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Mental Health - An Introduction

This class will discuss how mental health impacts all of us and how mental health challenges can be recognized and responded to in your home, community and workplace. This is a basic introduction to mental health and can be a standalone program or participants can further their knowledge by attending the full-day Mental Health First Aid program at a later date (see next page).

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,
130
people die by
suicide every day.
*Source: American Foundation
for Suicide Prevention*

From 1999 to 2019,
841,000
people died from
drug overdoses.
*Source: Centers for Disease
Control and Prevention*

Nearly
1 IN 5
in the U.S. lives
with a mental illness.
*Source: National Institute
of Mental Health*

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

THREE WAYS TO LEARN

- **In-person** – Learners will receive their training as an 8-hour, Instructor-led, in-person course.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
 - » A video conference.
 - » An in-person class.

Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*. <https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.). *Drug overdose deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. <https://www.nimh.nih.gov/health/statistics/mental-illness>



MENTAL HEALTH FIRST AID FOR FIRE & EMS



Since completing training, I've noticed that there is more conversation about mental health among members of our team, and that is helping reduce the stigma associated with behavioral health issues. People at the Clifton Fire Department are using what they learned in the course in their personal lives as well as their professional lives."

— **Deputy Fire Chief Michael Allora, Ret.**,
Clifton Fire Department

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid for Fire/EMS teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of firefighters and EMS personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.

In 2017,

103 FIREFIGHTERS

died by suicide; more than the 93 firefighters who died in the line of duty.

— USA Today

A Survey of 7,000 North American firefighters revealed

27%

have struggled with substance use challenges.

— NBC Washington

WHAT IT COVERS

- A discussion of first responder culture, stigma and their relevance to the topic of mental health.
- Outreach tactics to respond to individuals experiencing a mental health crisis.
- A discussion of the specific risk factors faced by many first responders and their families.
- A review of common mental health resources for first responders, their families and those who support them.

WHO SHOULD TAKE IT

- Firefighters
- EMS personnel
- Other first responders
- Family members of first responders

The course will teach you how to apply the **ALGEE** action plan:

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.





General Programs for 2024

Not Just Surviving - But Thriving



The problem is not that you can't manage stress. Most likely you are doing a fine job getting the things done that need to be done, meeting deadlines, and even attending a social event every once in a while, (especially if it is a part of your responsibilities). But what is your experience of life? Are you taking time to appreciate what you're working so hard to accomplish or are you just speeding through in order to tackle the next items on your to-do list? This class will help you find a way back to the balance of working for a living and having a life.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org

Oral Health for Overall Health



Did you know that your oral health offers clues about your overall health- or that problems in your mouth can affect the rest of your body? Protect yourself by learning more about the connection between your oral health and your overall health by attending this important Wellness Works program!

Instructor: Abby DiPasquale Contact: adipasquale@memun.org

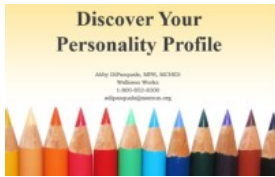
Overcoming Procrastination



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.

Instructor: Anne Charles Contact: acharles@memun.org

Personality Profile



This interactive class will help participants identify the color of their personality and learn how it impacts their relationships with others. Skills learned in this class may allow participants to have more productive and meaningful relationships with co-workers, friends, and family members.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org

Power of Positive Thinking



Ever wonder why "when it rains it pours?" How we think, positively or negatively, affects our daily experiences. Our thoughts control our feelings. Our words and actions are an extension of our thoughts. Maintaining positive thinking and attitude will drive you to success and happiness.

Instructor: Danielle Yale Contact: d.yale@memun.org

Power of 'Yet'



Having a growth mindset: What is it – How it works – Why it Matters! Ever wonder why some people succeed while other people, who are equally talented, do not? It really comes down to their mindset! Learn more about the difference between a fixed mindset versus a growth mindset.

Instructor: Danielle Yale Contact: d.yale@memun.org

General Programs for 2024



Prevent T2

This lifestyle change program can help you lose weight, become more physically active, reduce stress—all while reducing your risk for type 2 diabetes. This year-long program will have weekly meetings for the first six months, then once or twice a month for the second 6 months. Participants will be held accountable for their health goals with pre-meeting weigh-ins as well as food/activity journals. Progress will be tracked and guided by a trained lifestyle coach in a non-judgmental atmosphere of peers. Prevent T2 is a great program for anyone, especially those diagnosed or at-risk for developing type 2 diabetes and for those who support these individuals.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



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!

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Seeing Red: Your Personality Under Stress

Did you know that your personality influences what causes you stress and what stress busters will work to reduce your stress? Join us for this informative class to find out how your personality responds under stress.

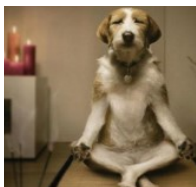
Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Sleep and Health

The effects of too little sleep are devastating, but many of us view our chronic sleepiness as a normal part of our world. This class will explore some new research on sleep and how it impacts our overall health, as well as provide some strategies for getting a better night's sleep.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Taking Care of Your Well-Being When It Matters Most

If you don't take care of yourself first then you are no good to any of your loved ones. Remember, you owe it to yourself to live life to the fullest, so take care of your health. Whatever well-being means to you, do whatever you can to improve it. This class will touch base on several self-care topics to keep you at your peak when you need it most.

Instructor: Danielle Yale Contact: d.yale@memun.org



Taking Charge of My Health

This one-hour class will help you become a wiser health care consumer. This class will discuss how to talk to your doctor about health concerns, how to be a better patient, when to use the emergency room, and what websites to consult for medical self-care.

Instructor: Anne Charles Contact: acharles@memun.org



Tech Detox

There's not an APP for that. With the inundation of technology and fast paced demands, we have forgotten what face to face interaction is because our heads are looking at our computer and phone screens. We have forgotten to stop and look at the beauty all around us. This class will discuss the positives of taking a break from technology and practicing being "present."

Instructor: Danielle Yale Contact: d.yale@memun.org



Think Pink! A Breast Health Workshop

This informative class explores various aspects of breast health for men and women, including normal breast changes, breast cancer, and steps to protect against and prevent serious breast health conditions. Topics including the controversial mammogram recommendations and change in breast self-exam recommendations will be discussed.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Tick Talk

Seasonal class best scheduled in March, April, or May Everything you need to know about Ticks, their habitat, risks to your health and how to get rid of them!

Instructor: Abby DiPasquale Contact: adipasquale@memun.org

Don't give up
because you had a
bad day.

Forgive yourself
and do better
tomorrow.



Fit Over 40

It's not just about exercise. It discusses how the body changes after forty and why fitness and proper nutrition are more important than ever to having a healthy life for the later years.

Instructor: Danielle Yale Contact: d.yale@memun.org

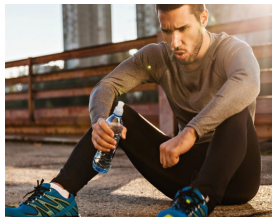
Footworks: The Benefits of Walking and Wearing the Proper Shoes



Wearing proper walking shoes is a fundamental element in maintaining the correct walking technique, as well as preventing injury. Shoes are tools. Without the correct tools, you are likely to hurt yourself, making you more prone to suffer further and more severe injuries in the future. Selecting the right shoe for your foot type may be a basic concept to some, yet walkers often overlook this simple step, and as a result, suffer from preventable injuries. A group walk can be included in the class, if time allows.

Instructor: Danielle Yale Contact: d.yale@memun.org

Get Out of Hibernation and Back Into an Exercise Program



For some, it's been a while since you have been out and about and involved in a consistent exercise regimen. It's small, consistent steps that get you where you need to be and there are NO shortcuts. This class will discuss strategies and mindset to get you back where you need to be.

Instructor: Danielle Yale Contact: d.yale@memun.org

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.

Instructor: Danielle Yale Contact: d.yale@memun.org

Mobility Training and Why It's More Important Now Than Ever



Sitting for long periods of time, wear and tear, and aging puts a toll on our bodies. Our bodies are meant to be mobile, otherwise we will lose some of our range of motion. To be more mobile means to move more freely. It means decreasing your risk of injury and increasing your ability to move with less effort and more control without compromise or restriction. This class will demonstrate mobility exercises as well as modalities to assist in full range of motion movement.

Instructor: Danielle Yale Contact: d.yale@memun.org

Overcoming Exercise Barriers and Fitting In Fitness



This class will discuss what obstacles and barriers are keeping you from exercise and how to overcome them. Participants will identify their own barriers and then work to create a plan to fit physical activity into their daily lives because for every excuse there is a strategy.

Instructor: Danielle Yale Contact: d.yale@memun.org



Snap Into Shape: Working Out With Resistance Bands

Learn the benefits of using resistance bands for strength training. Proper technique will be demonstrated. Participation is voluntary. Participants receive a free band to take home with them! Comprehensive stretching will be demonstrated.

Instructor: Danielle Yale Contact: d.yale@memun.org



Stretching Solutions

It doesn't matter if you sit at a desk all day or if you are on the move, stretching is important for everyone. This class will demonstrate a variety of stretches as well as discuss why stretching and stretch breaks are needed to minimize injuries, increase range of motion, decrease stress, and over all well-being.

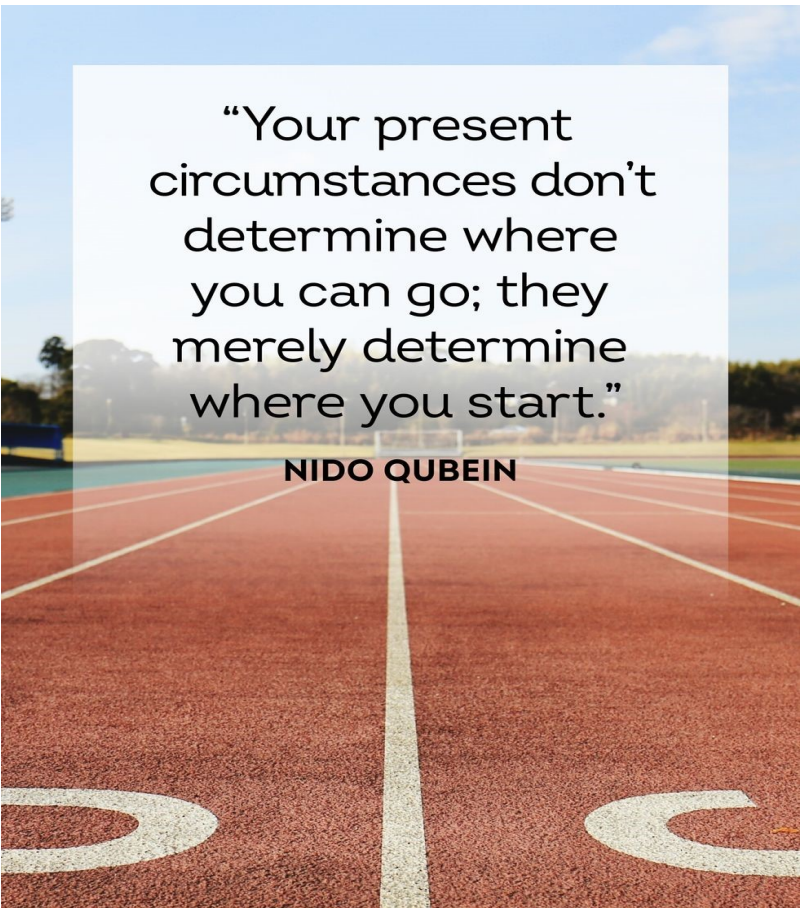
Instructor: Danielle Yale Contact: d.yale@memun.org



Winter Workout: Staying Safe in a Cold Environment

How do you exercise when it is cold and snowy outside? This class will discuss helpful hints to keep you safe and avoid cold weather hazards while exercising or doing outdoor activities. Proper layering and nutrition will also be discussed. There is no exercise in this class.

Instructor: Danielle Yale Contact: d.yale@memun.org



“Your present
circumstances don't
determine where
you can go; they
merely determine
where you start.”

NIDO QUBEIN



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.

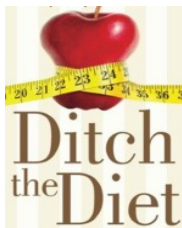
Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Cut the C.R.A.P.

Eating good is hard. Changes to dietary guidelines, different methods for eating and tons of new products on the market every year can make healthy eating downright impossible! This new class will introduce you to a way to eat healthy no matter where you are or what food choices you encounter.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Ditch the Diet

Losing weight is not easy. It takes commitment, focus and hard work. If you're looking to "lose 10 pounds in 10 days" then this is NOT the class for you. But if you want to lose weight in a healthy way and learn strategies to keep it off for good, then come join us! The emphasis of this class will be on weight loss that uses strategies that support a healthy lifestyle too.

Instructor: Anne Charles Contact: acharles@memun.org



Drink to Your Health: The Importance of Hydration and Making Healthy Beverage Choices

This class will discuss what dehydration is, the signs and symptoms, how to prevent dehydration, strategies to increase water intake as well as avoiding chemicals and sugars to make healthier beverage choices.

Instructor: Danielle Yale Contact: d.yale@memun.org



Fight Inflammation With Food

A closer look at what may be causing inflammation throughout your body and a food-based plan to combat it!

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Fighting Fatigue with Food



Are you tired of being tired? If you answered “YES”, then you are not alone! Approximately 2.2 million Americans experience fatigue that lasts longer than 6 months. What and when you eat can play a big role in the energy you have to get through your day. This one hour class will discuss the components of a fatigue-fighting eating plan, including healthy menus and energy filled foods!

Instructor: Abby DiPasquale Contact: adipasquale@memun.org

Keeping It Clean: The Basics to Clean Eating



This class will discuss the benefits of clean eating and how consuming food in its most natural state, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation, leading to an improved life – one meal at a time.

Instructor: Danielle Yale Contact: d.yale@memun.org

Kick the Sugar Habit



This class will discuss the different types of sugar and how sugar negatively affects the body. Find out how eliminating sugar from your diet can make you healthier.

Instructor: Danielle Yale Contact: d.yale@memun.org

Making Sense of Macros



If you have been following health, nutrition or gym conversations within the past year or so, you have probably heard a lot of people talking about “counting their macros” or asking “do you know the macros for that?” There has been a shift away from the traditional method of counting calories, with a turn towards looking at the nutritional components of the food itself. However all of this can be a bit overwhelming and confusing to understand if you are new to the idea, so lets spend a little time talking about the how, why, and what we are talking about when we talk about macros.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org

Mason Jar Meals - Breakfast Edition



This hands-on program will teach participants how to use Mason Jars to save time, money and improve your nutrition all at the same time. Each participant will leave with a Wake and Take Mason Jar Breakfast Meal!

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Mason Jar Meals - Lunch Edition

These aren't your grandmother's Mason Jars! Join us for this hands-on program to learn how you can use Mason Jars to save time, money and improve your nutrition all at the same time. Each participant will leave with a Mason Jar Meal!

Instructor: Abby DiPasquale Contact: adipasquale@memun.org



Meal Prep and Planning: It's a Game Changer

One of the key ingredients to healthy eating is meal prepping. Whether its prepping food or making several meals ahead of time, it will make your life easier and less stressful the rest of the week. You will make healthier food choices when the food is already cleaned, cut and containerized versus the temptations of grabbing unhealthy food because you have nothing prepared. A little time up front will save you a lot of time later.

Instructor: Danielle Yale Contact: d.yale@memun.org



Mindful Eating

Mindful eating enhances our understanding of what to eat, how to eat, how much to eat, and why we eat what we eat. When eating mindfully, we are fully present and savor every bite--engaging all our senses to truly appreciate the food. Beyond just taste, we notice the appearance, sounds, smells, and textures of our food, as well as our mind's response to these observations. When we eat with this understanding and insight, gratitude and compassion will arise within us.

Instructor: Danielle Yale Contact: d.yale@memun.org



Snow Snacks

Trying to eat well and stay energized this winter? This class will discuss what snacks will help keep your hunger at bay and give you some great nutrients to keep your body going during the cold winter months.

Instructor: Abby DiPasquale Contact: adipasquale@memun.org

Don't forget,

You can:

Start late

Start over

Be unsure

Act different

Try and fail

And still succeed.

