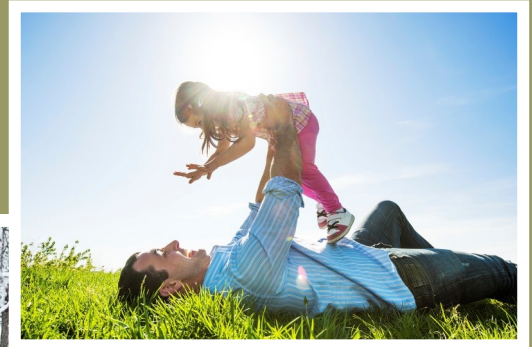
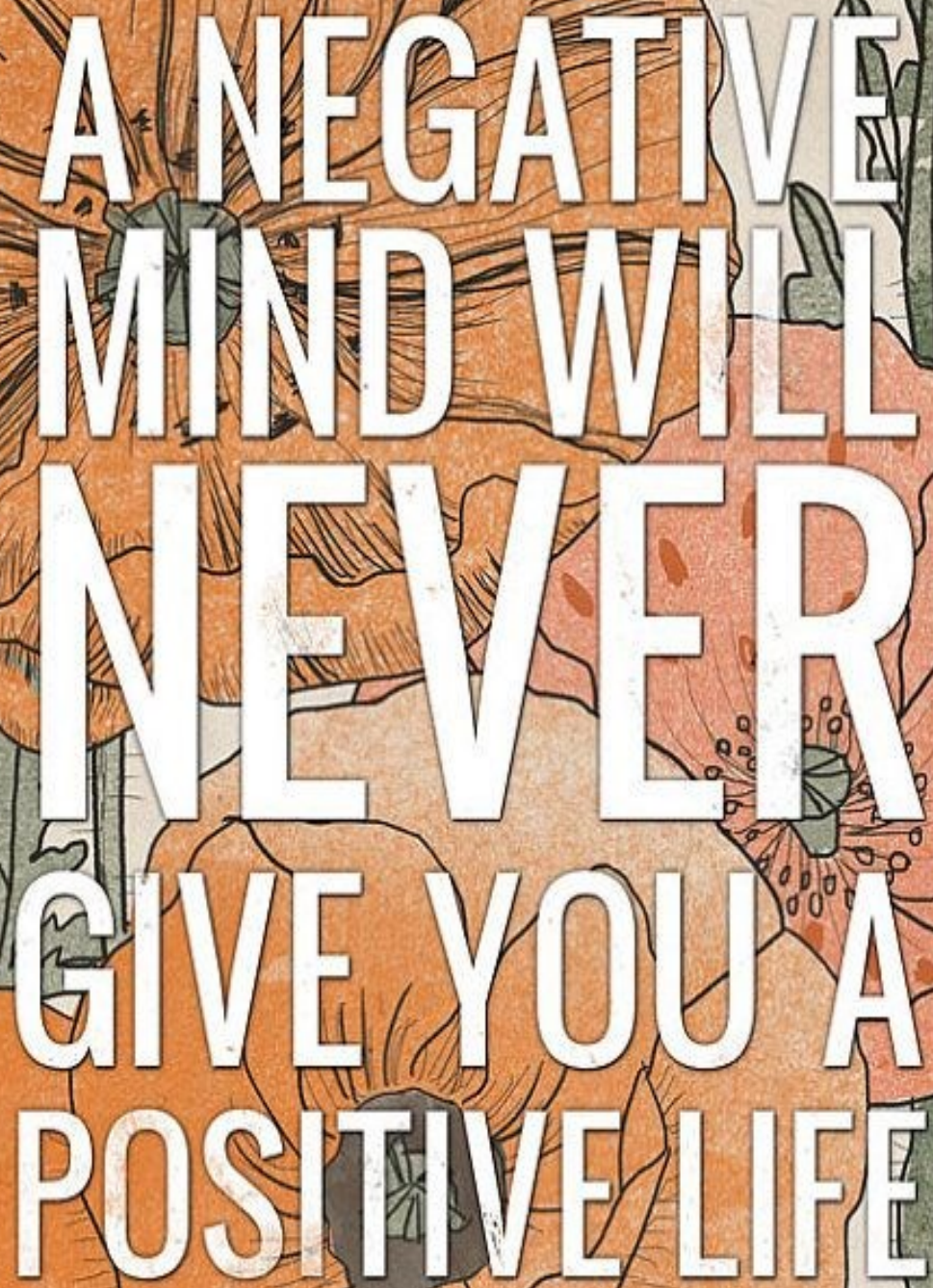


WELLNESS WORKS HEALTH EDUCATION PROGRAMS



2015-2016



A NEGATIVE
MIND WILL
NEVER
GIVE YOU A
POSITIVE LIFE

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, specialized programs, worksite services, and self-study 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. 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

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Amanda Collins, Health Promotion Assistant

acollins@memun.org

1-800-452-8786 ext 2283





HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

NEW & UPDATED PROGRAMS FOR 2016!

Be Summer Smart

ABBY DIPASQUALE, MPH, MCHES
WELLNESS WORKS
ADIPASQUALE@MEMUN.ORG

BE SUMMER SMART

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



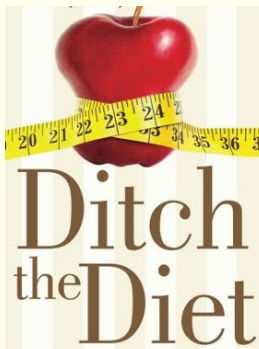
Clean Eating...
It's As Easy As 1,2,3...

CLEAN EATING 101

This class will discuss what 'Clean Eating' is, what 'Whole Foods' are, and what the health benefits of clean eating are... **Plus:** Foods to avoid and why.

INSTRUCTOR: DANIELLE YALE

CONTACT: DYALE@MEMUN.ORG



Ditch
the Diet

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



FOOD IS FUEL

A new look at nutrition that will help you stay mentally,
physically and emotionally balanced all day...without dieting!

Abby DiPasquale, MPH, MCHES
Wellness Works
adipasquale@memun.org

FOOD IS FUEL

A new look at nutrition that will help you stay mentally, physically and emotionally balanced all day...without dieting! Food is energy. We like food because it tastes good, but we need food for energy. That's why I encourage you to think of food as fuel- a way to keep your engine running smoothly all day.

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG



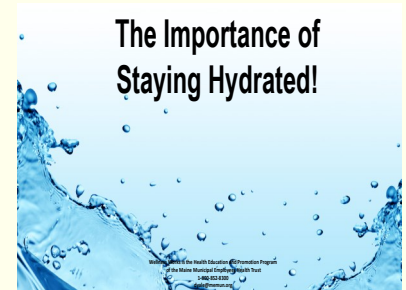
HEALTH EDUCATION PROGRAMS

W E L L N E S S W O R K S

IMPORTANCE OF STAYING HYDRATED

This class will discuss what dehydration is, the signs and symptoms, how to prevent dehydration, strategies to increase your water intake and much more.

INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



KEEPING IT CLEAN— CLEAN EATING AT THE NEXT LEVEL

The soul of clean eating is 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: DYALE@MEMUN.ORG



MOVE OVER SUGAR

A closer look at sugar alternatives, tips to reduce your sugar consumption and how to stay on the sugar-free bandwagon to improve your health. This program takes the “Kick the Sugar Habit” class to the next level!

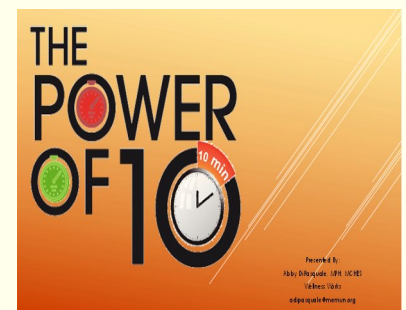
INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



THE POWER OF 10

Burn more calories, lose more fat, and improve your cardiovascular fitness level...all while spending less time working out! Sound too good to be true? Well, this is one of those rare times when your natural it's-too-good-to-be-true reaction could be mistaken. If you want to take your fitness and fat loss to the next level—without spending more time in the gym—then The Power of 10 could be the plan you're looking for!

INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG





HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

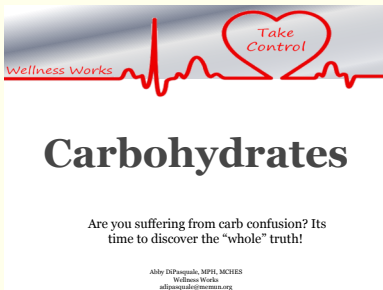


RETHINK DIABETES

1 in 10 Mainers have diabetes, 1 in 3 don't know it! Those affected by diabetes have much higher medical costs and are at higher risk for many chronic diseases. The National Diabetes Prevention Program is an evidence-based program to help prevent Type 2 diabetes. This multi-week program is designed to help people make lasting lifestyle changes to prevent diabetes. Most participants who complete the program see a weight reduction of 7% and improvements to their overall health.

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG

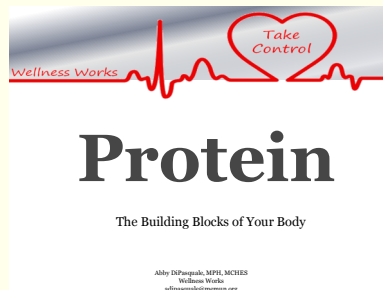


TAKE CONTROL: CARBOHYDRATES

Are you suffering from carb confusion? Its time to discover the “whole” truth! Carbohydrates are an essential part of any diet. We need them to live and they are in almost everything we eat, but there is a vast difference between different carbohydrates and how they affect our overall health.

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG

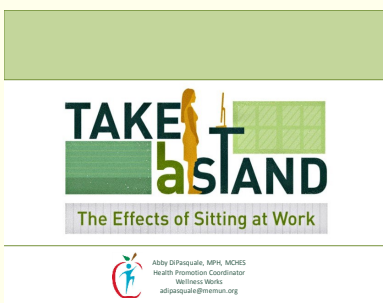


TAKE CONTROL: PROTEIN

Should I eat a high protein diet? Can I eat too much protein? Am I eating enough protein? Protein drinks, powders and bars are very popular in today's society, but are they really what we need for a healthy diet? This class will take a look at how protein affects the body and which proteins are a go and which ones you should take slow!

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPSAQUALE@MEMUN.ORG



TAKE A STAND— THE EFFECTS OF SITTING AT WORK

The average American sits for more than 60 hours a week, roughly 8.5 hours per day. Regardless of how much you exercise, that much sitting is going to do damage! Take a Stand will provide you with an eye-opening look at how sitting is affecting our health and offer some solutions to curb the sitting problem right at your desk.

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPSAQUALE@MEMUN.ORG

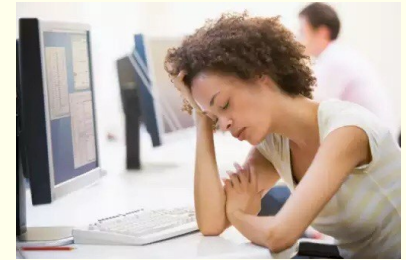


HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

TOO BUSY TO BE SICK?

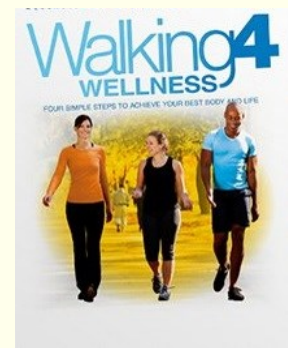
Society has conditioned us to believe that more action equals more productivity. We cram our calendars and fill our to-do lists with more actions than are humanly possible. We stay in constant motion and push through – day after day. Then we wonder why we are exhausted, burned out, unhappy and dissatisfied. Thankfully, we can change. This one hour class will teach us how to slow down, focus and prioritize. Strategies will be given to teach participants how to be fully present, which actually does strengthen our productivity.



INSTRUCTOR: ANNE CHARLES
CONTACT: ACHARLES@MEMUN.ORG

WALKING 4 WELLNESS

This simple and straightforward program focuses on the amazing benefits walking can have on your mind, body, career, and life in general. In fact, if you heed the advice presented in Walking 4 Wellness, your life will change—and it will change for the better! This program is designed to be either 4, 8 or 12 weeks and is offered once per week at your worksite.



INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG

WORKPLACE VIOLENCE & DEALING WITH DIFFICULT PEOPLE

The Dealing with Difficult People class has had a great response since we launched it, however, more times than naught, the class would really get focused on the topic of having a safety plan in place and workplace violence issues. This class provides a great framework for your workplace to address the important topic of employee safety.



INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG

YOU HAVE ENTERED THE BLUE ZONE – HOW YOU CAN CREATE A BLUE ZONE AROUND YOU!

What was discovered in the Blue Zones is that the path to a long, healthy life comes from creating an environment around yourself, your family, and your community that nudges you into following the right behaviors subtly and relentlessly, just as the Blue Zones do for their populations. This can be done anywhere if people are willing to open their minds to being healthier. This class will discuss how to make a blue zone right where you are!



INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

Wellness Works presents...

AM I LOSING MY MIND?



References: Improving Memory: Understanding and preventing age-related memory loss

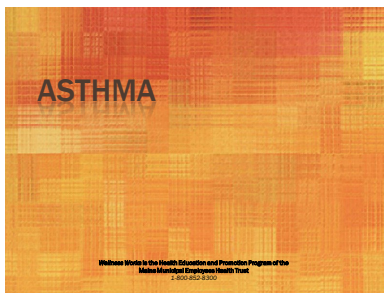
Author: Aaron Nelson, Ph.D.

Wellness Works is the Health Education and Promotion Program of the Maine Municipal Employees Health Trust
1-800-452-8786
dyaie@memun.org

AM I LOSING MY MIND?

Many factors contribute to age-related memory loss including genetics, environment, and lifestyle. But 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: DYALE@MEMUN.ORG



ASTHMA

This class will discuss the different types of asthmas, potential triggers, how to minimize attacks, action plans and how to live a healthier life with Asthma.

INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



BONUS BENEFITS

This one-hour class will identify the many *free* resources that the Maine Municipal Employees Health Trust offers to improve your health and quality of life. Attend this class to learn about new ways to enhance your health, including Telephonic Diabetes Education and Support Program, Anthem Future Moms, Anthem 360 Health and Anthem Employee Assistance Program. We'll tell you all about the programs, and how to access them.

INSTRUCTOR: ANNE CHARLES
CONTACT: ACHARLES@MEMUN.ORG

Wellness Works presents...



CLEAR YOUR CLUTTER

De-clutter, De-clutter, De-clutter... learn some strategies on sorting, purging, and finding appropriate homes for items to keep you sane and organized.

INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

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. This class will discuss some ways to make the task a little easier for you and your family.

INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



CYBER NINJA: INTERNET SAFETY

The internet can be a wonderful resource for adults and children to gather information, stay in touch with family and friends, manage finances, etc. But, just as in the non-cyber world, some people you encounter online might try to take advantage of you financially and physically. This one-hour class will discuss ways to: use social networking sites and mobile devices safely, set up secure passwords, teach kids about internet safety, stay away from online predators, cyberbullying and cyber harassment

INSTRUCTOR: ANNE CHARLES
CONTACT: ACHARLES@MEMUN.ORG



DEALING WITH DIFFICULT PEOPLE

Customers, co-workers, family members or even friends- we all have people who are sometimes difficult to handle and communicate with. This program discusses the needs of difficult people, how do recognize the difference between a difficult person and a dangerous person, and outlines several strategies to deal with people so you create a win-win situation.

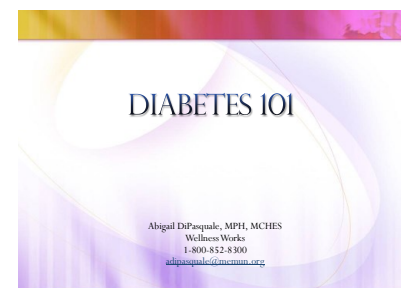
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



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





HEALTH EDUCATION PROGRAMS

WELLNESS WORKS



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 TREE

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: DYALE@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



FLU AND YOU: WHAT YOU NEED TO KNOW

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



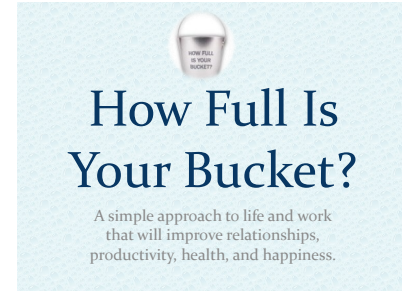
HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

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)!

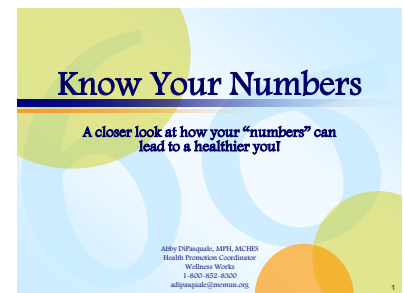
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



KNOW YOUR NUMBERS

Heart disease and stroke kill thousands of Americans each year, but you can reduce your risk by doing routine health screenings and knowing what numbers to look for. This class will walk through the tests you should have and the numbers you should know to improve your health and reduce your risk for heart disease and stroke.

INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



LOOKING AHEAD: ADVANCE DIRECTIVES & LIVING WILLS

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!

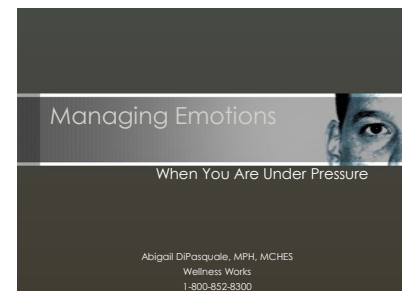
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



MANAGING EMOTIONS

A one-hour class focused on giving you the tools to manage your emotions. You will leave with a better understanding of how your outlook affects your reality, steps for controlling your emotions in difficult situations, and keys for emotional management.

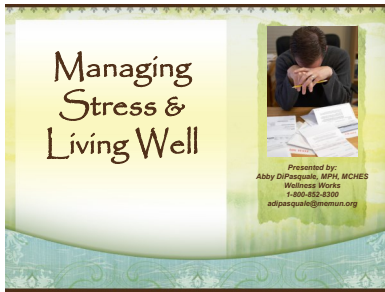
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG





HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

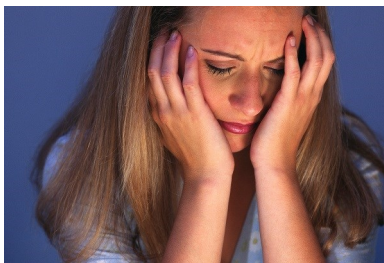


MANAGING STRESS & LIVING WELL

This class will define stress, discuss the effects of long-term stress on the body, focus on the specifics of workplace stress and then work with participants to identify and practice stress management techniques.

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG

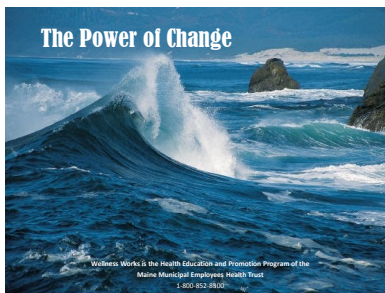


MOVING BEYOND THE BLUES: UNDERSTANDING DEPRESSION

This class will give participants a chance to learn about the causes and symptoms of “SAD” (Seasonal Affective Disorder) and other forms of depression.

INSTRUCTOR: ANNE CHARLES

CONTACT: ACHARLES@MEMUN.ORG

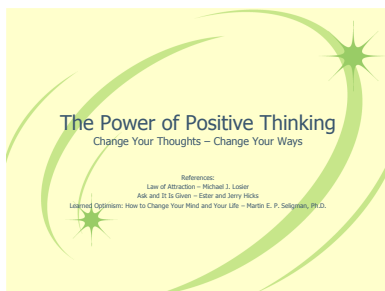


POWER OF CHANGE

All change can be stressful. The key is to welcome change as part of life and change your mind set. This class will discuss the positive and negative effects of change and how to make change work for you.

INSTRUCTOR: DANIELLE YALE

CONTACT: DYALE@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: DYALE@MEMUN.ORG



HEALTH EDUCATION PROGRAMS

W E L L N E S S W O R K S

SEEING RED: YOUR COLORS 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 you personality responds under stress.

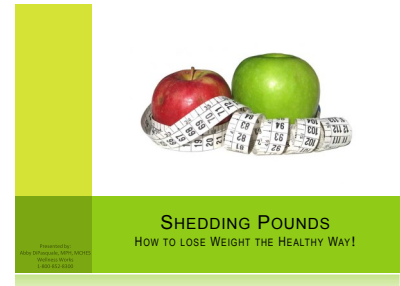
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



SHEDDING THE POUNDS

Tired of dieting over and over without getting long-lasting results? Then you will want to come to this class! We will discuss the best way to approach weight loss, identify how to set realistic goals, and begin to create a personalized program to help you achieve and maintain a healthy weight!

INSTRUCTOR: ABBY DIPASQUALE OR DANIELLE YALE
CONTACT: ADIPASQUALE@MEMUN.ORG / DYALE@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



STRESS EATING: EAT RIGHT TO FIGHT STRESS

Did you know that what you eat when you are under stress can actually make you more stressed? This one-hour class will discuss how our body loses and uses nutrients when we are under stress and discuss foods that you should reach for to reduce your stress level.

INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG

Stress Eating

Eat Right to Fight Stress





HEALTH EDUCATION PROGRAMS

W E L L N E S S W O R K S



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

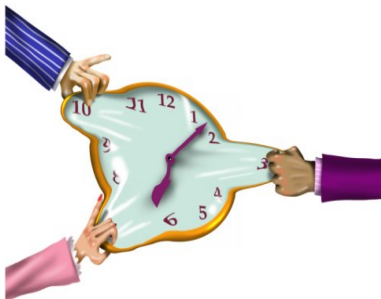


TAKING YOUR COLORS TO WORK

Take the next step in exploring your personality by Taking Your True Colors to work! 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

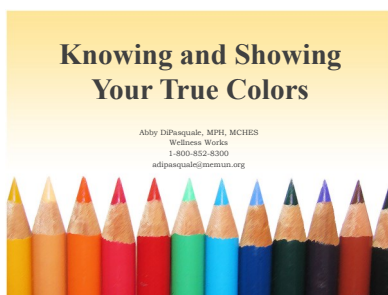


TIME MANAGEMENT

This class will help you identify your personal style to help you use simple, practical techniques to make the most of your time. Spend time where it counts!

INSTRUCTOR: DANIELLE YALE

CONTACT: DYALE@MEMUN.ORG



TRUE COLORS

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



HEALTH EDUCATION PROGRAMS WELLNESS WORKS

UNWRAPPED

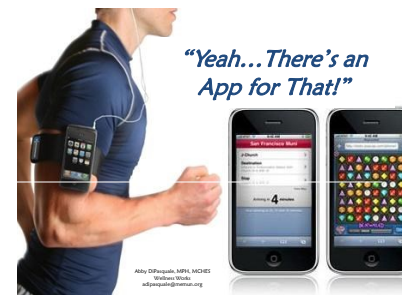
This fun holiday class will identify ways to make simple swaps during the holiday season to prevent weight gain and get the best nutrition out of those holiday meals! Topics include: barriers to healthy eating during the holidays, famous excuses for overindulging, a look at “healthier” food choices and twenty tips to succeed on maintaining and not gaining during the holiday season!



INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG

YEAH— THERE IS AN APP FOR THAT!

With new technologies like smart phones and Iphones becoming a permanent part of our lives, many have started looking at the millions of apps available to improve your health and wellbeing. But how do you know where to begin? Abby has created a class to discuss some of the top apps for fitness, nutrition and sleep to help introduce you to ways technology can improve your wellness.



INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG

WOMAN’S HEALTH PROGRAMS

THINK PINK! A BREAST HEALTH WORKSHOP

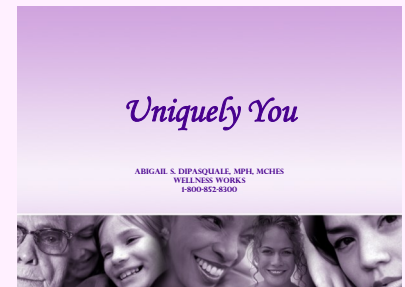
This informative class explores various aspects of breast health for men and women, including normal breast changes, breast cancer, and steps to protect against and prevent serious breast health conditions. Topics including the controversial mammogram recommendations and change in breast self-exam recommendations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



INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG

UNIQUELY YOU: THE JOURNEY TOWARD MENOPAUSE

This informative class will discuss the numerous changes our bodies go through as we prepare for and enter into menopause, as well as post-menopausal health concerns. A valuable discussion regarding the ins and outs of menopause.



INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



FITNESS PROGRAMS



DESK EXERCISE

Looking for a way to release some muscle tension and increase flexibility? This class will discuss the importance of stretch breaks throughout the work day. Demonstrations will also be given of simple stretches and some resistance type exercises that can be performed right at the workstation.

INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



FIT ME

This class will discuss the importance of exercise and why we need to stay physically active each and every day. Other topics that will be covered are how much exercise you need, what you should include in your program, basic nutrition and some Maine facts about physical activity and obesity.

INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



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: DYALE@MEMUN.ORG



FOOTWORKS: THE WALKING PROGRAM

This class will enhance your knowledge for a safe walking program that will improve your overall fitness.

INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

GET OFF YOUR SEAT & MOVE YOUR FEET

Too many people have been turned off of running by simply trying to start off too fast. Their bodies rebel, and they wind up miserable, wondering why anyone would possibly want to put themselves through this. *Get Off Your Seat and Move Your Feet* is a program that teaches participants how to ease into a running plan. In fact, the program starts off as a walking/jogging program. In no time you'll be participating in some local 5k (3.1 miles) runs!

INSTRUCTOR: ANNE CHARLES

CONTACT: ACHARLES@MEMUN.ORG



KETTLE BELLS

They are a great way to boost your strength and cardiovascular fitness all at once. This class will “demonstrate” a variety of different kettle bell exercises. You may participate or just watch. 5-lb. kettle bells will be provided but you can bring your own if you prefer.

INSTRUCTOR: DANIELLE YALE

CONTACT: DYALE@MEMUN.ORG



MAKING FITNESS FIT

This class will discuss strategies to help you see how fitness can fit into your schedule and for every excuse there is a strategy to make it fitness fit.

INSTRUCTOR: DANIELLE YALE

CONTACT: DYALE@MEMUN.ORG

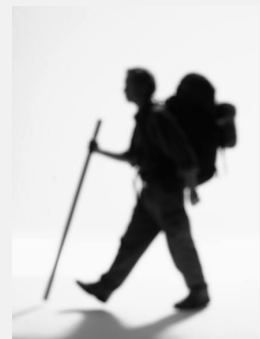


NORDIC WALKING

Looking for a way to take walking to the next level? Try Nordic Walking! It has been proven that you will expend 20% more calories than walking, increase your heart rate by 7-10 beats per minute, increase upper body strength, its low impact and adds stability and balance to your workout.

INSTRUCTOR: DANIELLE YALE

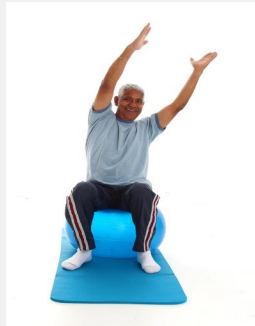
CONTACT: DYALE@MEMUN.ORG





HEALTH EDUCATION PROGRAMS

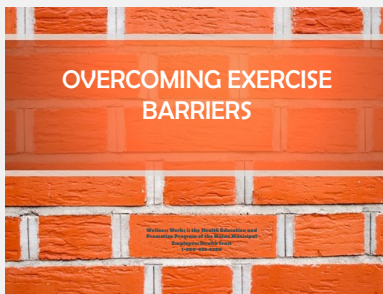
WELLNESS WORKS



ON THE BALL

If you have ever wondered what the point of the exercise ball is, this class is for you! Learn the many benefits of the exercise ball, how to safely and effectively use the ball, and how to stay on! You will also learn how to pick the most appropriate exercise ball for you.

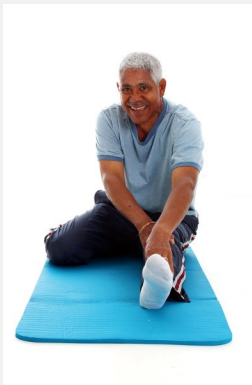
INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



OVERCOMING EXERCISE BARRIERS

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 for action!

INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@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: DYALE@MEMUN.ORG



STRENGTHEN YOUR CORE: INTRODUCTION TO PILATES

Learn the history and philosophy of this popular fitness activity, including Joseph Pilates' belief that mind and body must be made healthy as one. Learn some exercises to help develop the abdominal and back muscles, decrease tension, and improve overall appearance and well-being.

INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

STRETCHING SOLUTIONS

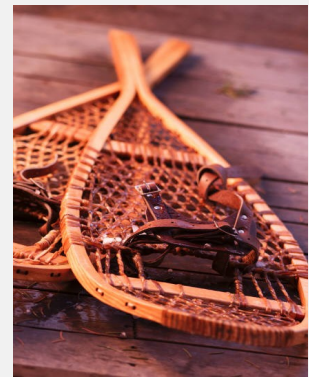
If you're looking for a way to release some muscle tension, increase flexibility and prevent injuries, then we have the class for you! This class will discuss the importance of not only stretching before and after exercise (and other strenuous work activities) but also stretch breaks throughout the work day.



INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG

WINTER WORKOUT

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.



INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG

CLASSES TO SCHEDULE:

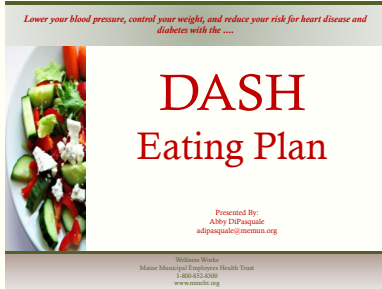
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HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

NUTRITION PROGRAMS



DASH EATING PLAN

What you eat affects your chances of developing high blood pressure and research has shown that the DASH (Dietary Approaches to Stop Hypertension) Eating Plan can help prevent and lower a persons' blood pressure! This one hour class will explore the ins and outs of the DASH Eating Plan and provide resources for getting your eating habits on track to reduce your blood pressure.

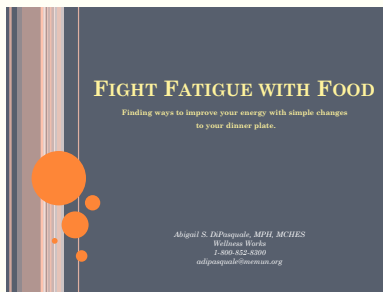
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



EAT RIGHT WHEN MONEY IS TIGHT

This class will teach participants three key strategies to eating better on a budget. Eating healthy doesn't have to break the bank...schedule this class to figure out how to save money and eat well!

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



FOOD RULES

There are over 17,000 new products introduced into the supermarket each year, but how do we know if they are good for us? Do we trust the labels? The food guides? Who can we turn to for sound nutritional advice? This class takes a humorous look at the rules that guide eating in our culture. Using wisdom passed down from our mothers and grandmothers can transform our eating and help us to understand more clearly what we should actually be eating.

INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

HEALTH OR HOAX

Participants in this class will explore their knowledge of healthy food choices and determine if the “healthy” choices they think they are making are really that good for them. Tips on exchanging unhealthy food options for healthier choices will be discussed.

INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@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: DYALE@MEMUN.ORG



LIVING AND LOSING WITH LABELS

This class will take an in-depth look at how food labels can be used to guide you in making healthy food choices, not only for a healthy diet, but also for weight loss. Participants will determine their daily requirements for each of the nutrients listed on the food label.

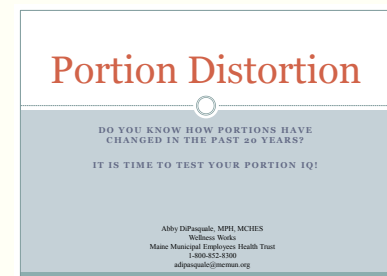
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



PORTION DISTORTION

An interactive look at how our food portions have changed over the last twenty years and what we need to do in order to burn off those extra calories. This is sure to be a surprising and enlightening class for everyone.

INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG





HEALTH EDUCATION PROGRAMS

WELLNESS WORKS



Snack Well

Your go-to-guide for selecting snacks that taste good and are good for you!

Abby DiPasquale, MPH, MCHES
Wellness Works
adipasquale@memun.org



SNACK WELL

Snacking is an important part of a healthy diet, but many snack choices are anything but healthy! So what do you reach for in between meals? How often should you be eating a snack? This class will answer these questions as we discuss the importance of snacking and identify healthy snack options. Many ideas and maybe even a snack or two will be given as a part of this class!

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG

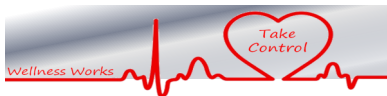


SUPERMARKET SURVIVAL

An updated look at getting through the grocery store with your sanity and your waistlines intact! Participants in this class will learn the tricks for getting out of the supermarket with money in their pocket and healthy foods to stock the cupboards! This class will explore secret supermarket tips and assist you in making the healthiest choices in each aisle.

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG



Fat

It is time to face the facts about fat!

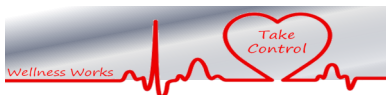
Abby DiPasquale, MPH, MCHES
Wellness Works
adipasquale@memun.org

TAKE CONTROL: FAT

It is time to face the facts about fat! For years we have blamed the fat in our diet for our expanding waistlines and poor heart health...but what if fat could actually help us control our weight and reduce our risk of heart disease? This one hour class will take a closer look at fat and offer a new way to think about the fat in your diet: Think “good fat,” not “no fat!”

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG



Fiber

The Benefits of Fiber: For Your Heart, Weight, Mood, and Energy

Abby DiPasquale, MPH, MCHES
Wellness Works
adipasquale@memun.org

TAKE CONTROL: FIBER

Did you know that all fiber is not the same? How much fiber do you really need and how much are you currently getting? These questions and more will be answered in this one-hour class! Abby will walk you through the benefits of fiber for your heart, weight, mood and energy. She will also help you discover food choices that are the best for meeting your daily fiber needs. This class is sure to uncover some surprising details about your diet in a fun and interactive way.

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG



HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

TAKE CONTROL: SODIUM

How many teaspoons of salt are you actually eating a day? What food contributes the most sodium to our diet? In this one-hour class, Abby will test your sodium IQ and take a closer look at how sodium impacts our health and overtakes our food. From our daily food choices, to food preparation and eating out...ways to reduce the sodium in our diet will be discussed and explored.

INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



Sodium

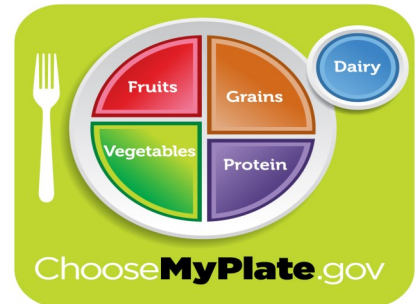
A closer look at how sodium impacts our health and overtakes our food!

Abby DiPasquale, MPH, MCHES
Wellness Works
adipasquale@memun.org

THAT'S A PLATEFUL

There is a new look to the old food guide pyramid and many new recommendations for healthy eating. How do you make sense of it all? This new class will take a look at the new nutritional guidelines and help you determine if your plate is in proportion for good health!

INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



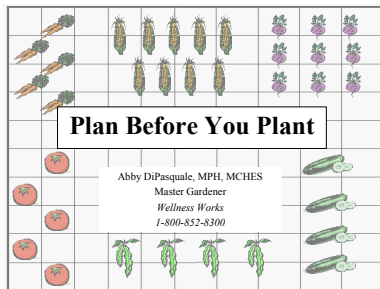
CLASSES TO SCHEDULE:

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HEALTH EDUCATION PROGRAMS WELLNESS WORKS

GARDENING CLASSES



PLAN BEFORE YOU PLANT

The basics of vegetable garden design and development, including: location, what and when to plant, soil qualities, starting, maintaining and using a home compost system and utilizing succession planting and crop rotation for the most expansive harvest from your garden. This one-hour course is open to anyone- whether you have gardened for years or you are just thinking about starting!

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG

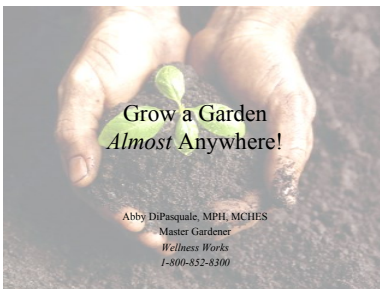


FRESH IDEAS; CULINARY HERB GUIDE

Discover how fresh herbs can be added to enhance the flavor of your food without adding calories to your meal. Topics include growing, storing, and using a variety of herbs in your culinary dishes.

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG

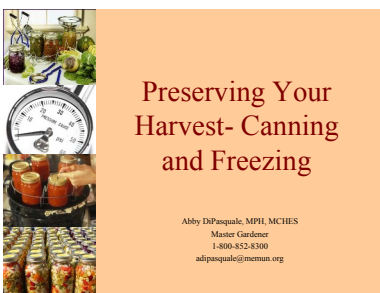


GROW A GARDEN ALMOST ANYWHERE

Topics in this one-hour class will include: seed starting, transplanting, short growing season options, fertilization, container gardening, crop selection, and more! This class is ideal for anyone planting a garden in Maine or who has a limited amount of space to plant a garden.

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG

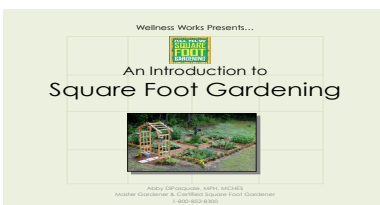


PRESERVING YOUR HARVEST: CANNING AND FREEZING

Looking for ways to extend your vegetable harvest into the winter months and beyond? The basics of canning, freezing, and food preservation will be covered—with emphasis on proper techniques and food safety. If you are interested in getting the most from your garden and saving money in the process, this class is for you!

INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG



SQUARE FOOT GARDENING

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



EXTENDED LENGTH PROGRAMS

We recognize that 45 minutes to an hour is not enough time to get all the information across that needs to be discussed. Some topics could be done in shorter time frames, but many need a more in-depth look, which is why we have created a couple of extended length programs. These programs are designed to focus on one specific topic for an extended period of time...think several weeks instead of one hour! These classes are offered for an hour once a week for several weeks. Each week we will build upon the concepts and topics of the week before. This will allow our staff to get to know participants at a different level and we believe it will also create more opportunities for long-lasting lifestyle changes- thus resulting in better health! We welcome family members to join in any of our programs, but think that some of these more specific programs may really be beneficial for employees and their families to attend together.

RETHINK DIABETES

1 in 10 Mainers have diabetes, 1 in 3 don't know it! Those affected by diabetes have much higher medical costs and are at higher risk for many chronic diseases. The National Diabetes Prevention Program is an evidence-based program to help prevent Type 2 diabetes. This multi-week program is designed to help people make lasting lifestyle changes to prevent diabetes. Most participants who complete the program see a weight reduction of 7% and improvements to their overall health.

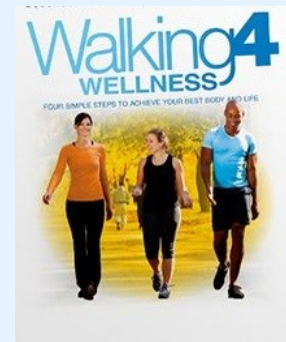
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



WALKING 4 WELLNESS

This simple and straightforward program focuses on the amazing benefits walking can have on your mind, body, career, and life in general. In fact, if you heed the advice presented in Walking 4 Wellness, your life will change—and it will change for the better! This program is designed to be either a 4, 8 or 12 week program that is offered once per week at your worksite.

INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



SPECIALIZED PROGRAMS

Wellness Works also offers a variety of specialized programs focused on the health and wellness of particular populations, such as fire, police and public works. These classes are designed to address the unique situations faced by these professionals both at work and at home.



FIT FOR DUTY: EMS EDITION

EMS practitioners are seven times more likely than the average worker to miss work as a result of injury. More than half of all injuries are related to interactions with a patient. The injury rates are alarming and reflect the need for EMS practitioners to meet and maintain the physical fitness requirements for the job and to seek ways to improve their overall health.

INSTRUCTOR: DANIELLE YALE & ABBY DIPASQUALE

CONTACT: DYALE@MEMUN.ORG



FIT FOR DUTY: FIREFIGHTER EDITION

Statistics show that the health and well-being of our first responders is very poor and unfortunately getting worse. We designed this program to touch base on many of the unique circumstances of firefighters. Topics include the importance of getting and staying healthy, functional fitness, nutrition, and shift work strategies. Being a firefighter requires someone to be healthy and in shape for their safety as well as the community they serve.

INSTRUCTOR: DANIELLE YALE & ABBY DIPASQUALE

CONTACT: DYALE@MEMUN.ORG



FIT FOR DUTY: POLICE EDITION

Statistics show that the health and well-being of our first responders is very poor and unfortunately getting worse. We designed this program to touch base on many of the unique circumstances of police officers. Topics include the importance of getting and staying healthy, functional fitness, nutrition, and shift work strategies. Being a police officer requires someone to be healthy and in shape for their safety as well as the community they serve.

INSTRUCTORS: DANIELLE YALE & ABBY DIPASQUALE

CONTACT: DYALE@MEMUN.ORG

WORKSITE SERVICES

Wellness Works also offers a variety of services that will help you promote wellness and health to your employees.

WORKING WELL



A comprehensive workplace evaluation focused on creating healthier worksites through policy and environmental changes. Unlike our typical wellness classes, this program does not include any classroom time. Instead, Abby will come to your worksite and work with you to conduct an intensive worksite evaluation to discover ways to make significant policy and environmental changes with very little effort! This program does not provide ergonomic evaluations, rather it focuses on policies and environments that support wellness initiatives.

CONTACT: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG

BLOOD PRESSURE / CHOLESTEROL SCREENINGS



Everyone should know their blood pressure and cholesterol numbers, just like they know their birthdates! We know that these numbers are great predictors of overall health and wellness. *Wellness Works* will send technicians to your worksite to provide employees with blood pressure and cholesterol screenings. (Please Note: There is a fee for those employees not covered by MMEHT who would like to participate.). Following the screenings, our staff will conduct a “Know Your Numbers” class to discuss the results.

CONTACT: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG

FITNESS ASSESSMENTS



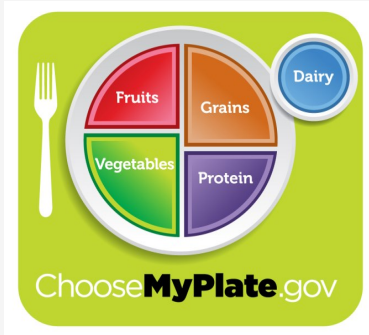
Wellness Works staff will conduct fitness assessments at your worksites to provide employees with a baseline of their physical fitness. Flexibility, grip strength, cardiovascular endurance, and body composition will be determined. Our staff can also assist in helping employees set SMART goals for fitness and identify ways to improve their overall physical health.

CONTACT: DANIELLE YALE

CONTACT: DYALE@MEMUN.ORG

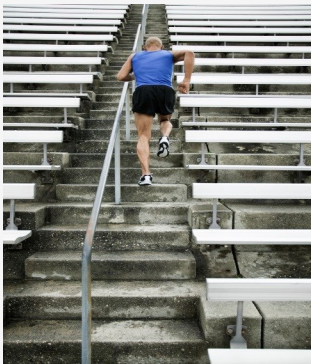
SELF-STUDY PROGRAMS

Classes and programs at the worksite are not always an option for all employees, so *Wellness Works* offers the opportunity for people to take the classes home and complete select programs at their own pace. Unlike our traditional classes, there is no minimum participation and employees can request these directly based on their interest in particular topics.



MY HEALTH, MY CHOICE, MY PLATE

Do you feel overwhelmed with all of the conflicting nutrition advice that is out there? *Wellness Works* has created a booklet which will make eating healthy a little easier! Detailed information will be given about each food group in the new MyPlate, learn how to read the food label, gain strategies for keeping your portion sizes under control, learn how to plan a family menu, get ideas on how to eat healthy when eating away from home, and find information on how to raise a picky eater!



EXERCISE ON THE GO!

With over 60 million obese adults in the United States, we need to take a more proactive approach to our own health and wellness. This series of 3 booklets will show you ways to exercise at home, work or even while on vacation. All exercises are family friendly, even for your children. "No more excuses," try our exercise learn by mail series, **Exercise on the Go: Keep Loose with Stretches for Work and Play; Meditating, Relaxing and Core Work with Pilates and Yoga; and Balls, Bands and Dumbbells.**



FROM SOIL TO SUPPER

A new gardening series from *Wellness Works* that will take you from planning for a garden, to taking care of the plants as they grow and finally to using your bountiful harvest in healthy recipes! This three part series is contained in one informative packet. Whether you are a first time gardener or a lifelong pro, this gardening learn-by-mail will help you on your way to having a fantastic garden this season!

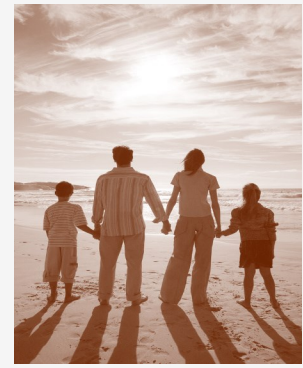


KID'S FITNESS; GETTING KIDS ACTIVE & KEEPING THEM ACTIVE

With over 9 million obese children in the United States, parents need to take a more proactive role in their children's physical activity. This booklet discusses some of the contributing factors that are plaguing our children along with age appropriate activities for the children and parents, and safety and nutritional information.

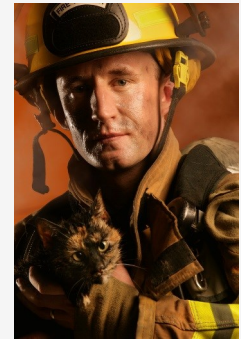
LOOKING AHEAD: ADVANCE DIRECTIVES & LIVING WILLS

Filled with things to consider and step-by-step instructions to complete your Advance Directive, this learn-by-mail is a must have for all employees. The State of Maine Advance Directive Form is included as part of this learn-by-mail, as well as many other helpful resources.



SHIFT YOUR PRIORITIES: HEALTH BEYOND 9 TO 5

While there are many advantages to working shift work, there are also a lot of disadvantages such as sleep deprivation, chronic fatigue and personal and family problems. *Wellness Works* has created a booklet to help shift workers learn strategies for a healthier lifestyle which include sleeping well, connecting with family and friends, eating well and staying fit with an alternative work schedule.



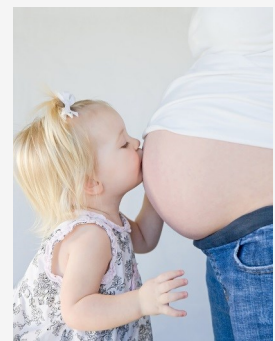
SUMMER SURVIVAL

This popular class is also available in the learn-by-mail format and available for distribution to parks, public works, recreation or other employees. This is a great way to get the wellness message out to some of those “hard to reach” populations at your worksite. Topics covered in this learn-by-mail include: hot weather emergencies - sun stroke, heat exhaustion, heat cramps, heat rash, sun safety, poisonous plants, insect stings, West Nile Virus, Lyme Disease and tick identification - just to name a few.



THE BENEFITS OF PRE-NATAL & POST-NATAL EXERCISE

Wellness Works has created a booklet to detail the benefits of pre and post natal exercise along with contraindications of exercise along with exercise guidelines and programming.



FAMILY HEALTH HISTORY

A family health or medical tree is very similar to a family genealogy tree, but instead of documenting family lineage you are documenting family health and medical conditions. A family health tree, also known as a genogram, shows the names of family members, how they are related, date of birth, their health conditions, and the dates and causes of their deaths. Your family tree not only holds key information about your past but clues to the future health of you and your family.



TIPS FOR A GREAT CLASS!

Offering classes at your worksite can be a great addition to your wellness program. *Wellness Works* suggests you consider these factors as you prepare for an upcoming wellness class:

- **OFFER FOOD.** Many people are eager to attend if they know they will be getting fed! Use local caterers or restaurants to offer healthy breakfast/lunch options to employees.
- **TIME IT RIGHT.** In our experience, employees prefer to attend classes during work hours- instead of coming in early or staying late. Work with your town/city leadership to determine if this is an option for your employees. Of course, if early morning or late afternoon are what you have decided will work for your employees, then *Wellness Works* staff will certainly be there!
- **PROMOTE, PROMOTE, PROMOTE!** There is no such thing as over promoting a wellness program or class. *Wellness Works* provides you with flyers to announce the programs, but take it a step further and send out an e-mail to all staff, post on your staff intranet, call employees, ask managers to encourage employees to attend...whatever you can do to get the word out is great!
- **CONSIDER DOOR PRIZES.** People love to win things. You may want to consider offering door prizes that pertain to the classes you are offering and promote what these prizes are prior to the class. Some of our wellness groups provide raffle tickets to each employee who attends programs/classes and at the end of the year they are entered into a drawing for a “BIG” wellness prize. The more they attend, the more chances they get to win!
- **ASK UPPER MANAGEMENT TO ATTEND.** May employees feel that they are not “allowed” or “encouraged” to attend if their managers do not attend or support the program. Work with town/city management to increase their support and attendance!
- **ALTERNATE EMPLOYEES.** In many of our smaller towns, it is not possible for every employee to attend every class. It may help to create a schedule of alternating employees who are/are not able to attend different classes, so that everyone has an equal opportunity to participate.
- **GET EXTRA PACKETS.** Even if every employee can’t attend, you can still provide the information to them! All of our class materials are available for you to utilize at any time. So, if you would like us to leave behind some extra packets for employees who couldn’t attend or to put in the break room...feel free to ask!
- **OFFER WHAT EMPLOYEES WANT!** Instead of just “guessing” at what topics would be of interest to employees in your worksite, ask them! *Wellness Works* can provide you with a survey that you can use with your employees, or make up your own. If you offer topics of interest, you are probably going to get the employees to attend.



HEALTH OBSERVANCES

National Health Observances (NHOs) are special days, weeks, or months dedicated to raising awareness about important health topics. Each year, several organizations provide health observance calendars and toolkits to help you promote and educate employees about these important health topics. The U.S. Department of Health and Human Services provides excellent FREE resources on the healthfinder.gov website. Their NHO toolkits will help you make a difference and show everyone that your organization is committed to health and wellness. The NHO toolkits can be used to:

- Share important health messages
- Promote fun, interactive resources
- Organize events to create change in your worksite and community

In addition to the toolkits provided, you can promote any of the health observances by offering a *Wellness Works* program or asking for one to be customized for you!

Here are some of the toolkits available for you to download at <http://healthfinder.gov/nho>

January: Cervical Health Awareness Month

February: American Heart Month and Teen Dating Violence Awareness Month

March: Colorectal Cancer Awareness Month

April: Alcohol Awareness Month

May: National Physical Fitness and Sports Month and Melanoma/Skin Cancer Detection and Prevention Month

June: National HIV Testing Day and National Safety Month

August: National Immunization Awareness Month

September: National Childhood Obesity Awareness Month and Fruits & Veggies— More Matters Month

October: National Breast Cancer Awareness Month

November: American Diabetes Month

December: World AIDS Day

This is just a short list of the NHOs. There are hundreds of special events and programs each year to raise awareness of critical health issues in the United States. You can find out more about what NHO occur throughout the year by visiting www.healthfinder.gov or www.nationalwellness.org. These sites can provide you with multiple resources and tools for planning a healthy year. Happy Planning!



