

WELLNESS WORKS HEALTH EDUCATION PROGRAMS



2018



HEALTH

..... IS A

RELATIONSHIP
BETWEEN

• YOU •

AND YOUR

BODY

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:

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HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

NEW & UPDATED PROGRAMS FOR 2018!



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



HOLIDAZE

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.

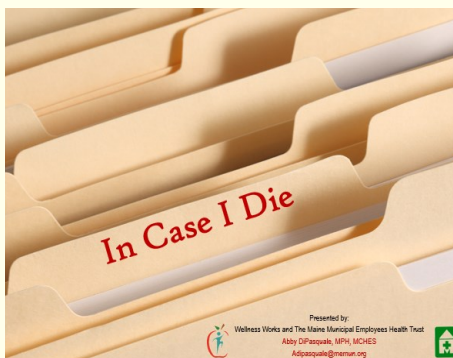
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



IMPORTANCE OF PURPOSE

What motivates you to get up in the morning? What fulfills you? Do you wake up dreading going to work or does the idea invigorate you? People who have a purpose are happier and healthier adding seven years to their lives than those who do not. If you feel you could be doing 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!

INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@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



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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.

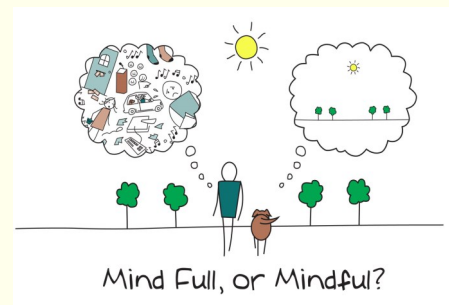
INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



MINDFULNESS

It's a busy world. You fold the laundry while keeping one eye on the kids and another on the television. You plan your day while listening to the radio and commuting to work. But in the rush to accomplish necessary tasks, you may find yourself losing your connection with the present moment—missing out on what you're doing and how you're feeling. This class will discuss how mindfulness can help you focus your attention on the present and improve your overall happiness.

INSTRUCTOR: ANNE CHARLES
CONTACT: ACHARLES@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.

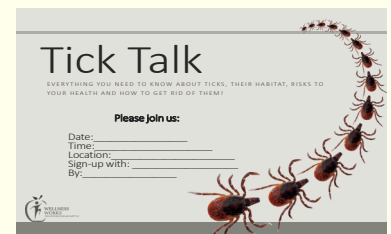
INSTRUCTOR: ABBY DIPASQUALE
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TICK TALK

Everything you need to know about Ticks, their habitat, risks to your health and how to get rid of them!

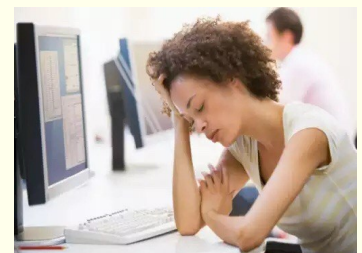
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



UPDATED-TOO BUSY TO BE SICK?

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





CLASSES TO SCHEDULE:

- _____
- _____
- _____
- _____
- _____
- _____
- _____





HEALTH EDUCATION PROGRAMS

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WELLNESS YOUR WAY

Wellness Your Way is a program designed to help you create a program your way! It is a great way to promote different wellness messages and themes in short, easy to implement steps. Whether you want a multi-week program (4, 6, 8 or 12– weeks), once a month, once a quarter, or just to fill in during months when other wellness activities are taking a back seat– we designed this program with you in mind!

We understand that it can be hard to gather information, create programs, promote what you are doing and then track it all on top of that. Wellness Your Way will take the guess work out of implementing a wellness program at you worksite and give you step by step directions to begin a wellness challenge today!

Each challenge will include the following information for you to use:

Getting Started Guide– which will walk you through the basics of getting the program going.

Promotion– all the flyers, email messages and promotional materials you will need to get people interested in this program.

Resources– Wellness Works offers a wide variety of education topics, some of which would go along perfectly with these wellness challenges. Here is where you will find potential class ideas and websites to add value to your program.

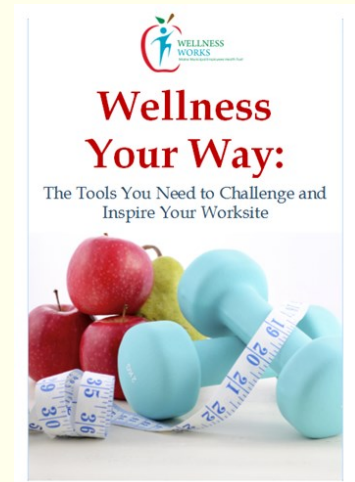
Incentives– a good challenge always has good incentives. We have created lists of potential incentives that might increase the interest and participation in each of the wellness challenges.

Pre- & Post- Tests– having measurable results is a great way to add credibility to your program and get people excited about wellness. These tests may be in the form of handouts or assessments that you can offer at your worksite to track changes in health and fitness.

You can build your wellness challenge anyway you want, but here is an example of what a 12-week (3-month) challenge could look like:

- A pre- and post- fitness assessment so that employees have benchmarks to compare their progress
- A one—week challenge each month (total of 3)
- A 30 day challenge during the second month
- Classes every other week (total of 6)

Of course, you can choose to do more or less; that's the best part about this program- you decide how much or how little you want to do!



Track It– what good is a challenge if we don't track it? Tracking forms and program handouts will be included in this section.

Step It Up– a one week challenge is a great way to get people motivated, but how can we continue to build on the momentum we have created? With month long challenges, of course! These 30 day challenges will inspire and push participants to make lifestyle changes that will improve their health and wellbeing.

Current Topics Include:

- 5210
- Eat Your Fruits and Vegetables
- Hydration
- Kick the Sugar Habit
- Kindness
- Physical Activity
- Stretching

**TO RECEIVE THESE PROGRAMS, CONTACT
AMANDA COLLINS: ACOLLINS@MEMUN.ORG**



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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

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

DEALING WITH UNEXPECTED CHANGE

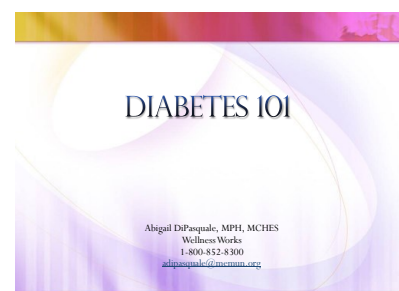
Have you had an unexpected change in your personal life or at work? Unexpected changes can be difficult to deal with. Learn ways to deal with change in a productive and positive way.



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
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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.

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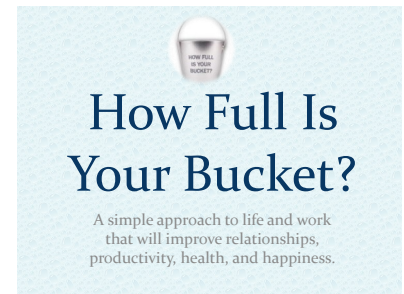
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HOW FULL IS YOUR BUCKET?

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)!

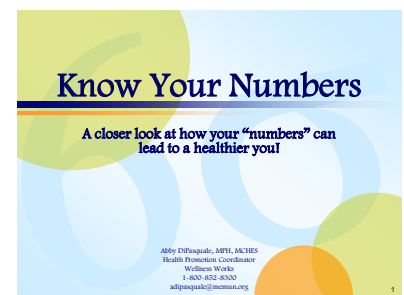
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



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
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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: DYALE@MEMUN.ORG



LIFE'S SIMPLE 7

What if you had a guide that would guarantee you a longer life, prevent heart disease, and help you feel stronger and healthier starting right now? What if you had a road map that would improve your quality of your life and give you the energy and time to invest in your life goals? Believe it or not, there is such a guide...it is called Life's Simple 7. This class will walk participants through 7 simple things they can do RIGHT NOW to improve their health!

INSTRUCTOR: ABBY DIPASQUALE
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HEALTH EDUCATION PROGRAMS

WELLNESS WORKS



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!

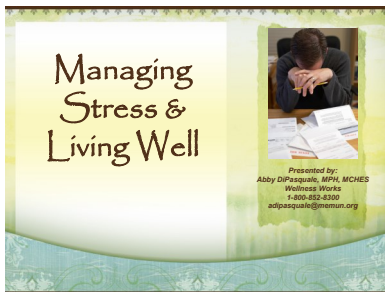
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



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



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
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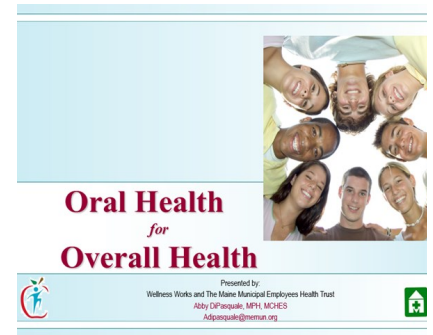
HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

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!

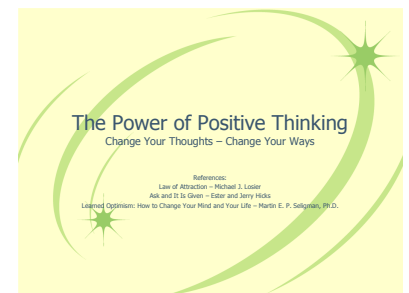
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



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



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



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.

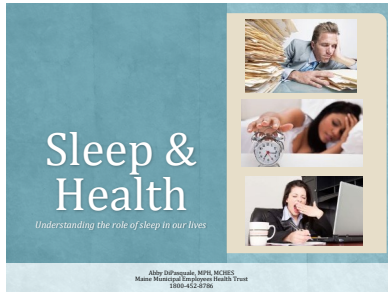
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HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

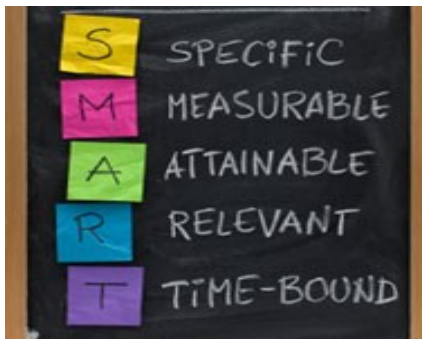


SLEEP AND HEALTH

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.

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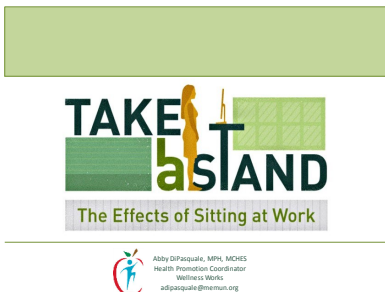


SMART HEALTH GOALS

We live in a society where we love to set personal goals but the sad reality is that the majority of us fail to achieve them. There is a better way to set yourself up for success – SMART goals. Get SMART and attend this one-hour class to succeed once and for all!

INSTRUCTOR: ANNE CHARLES

CONTACT: ACHARLES@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: ADIPASQUALE@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



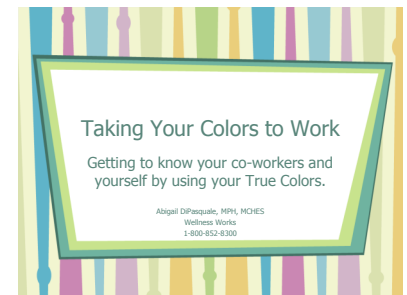
HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

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!

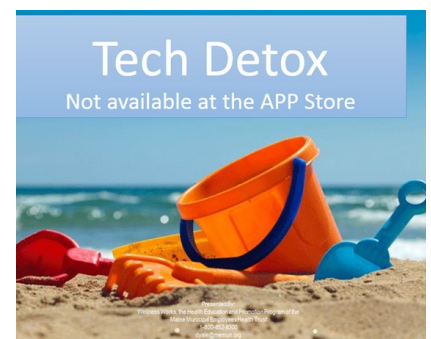
INSTRUCTOR: ABBY DIPASQUALE
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TECH DETOX

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."

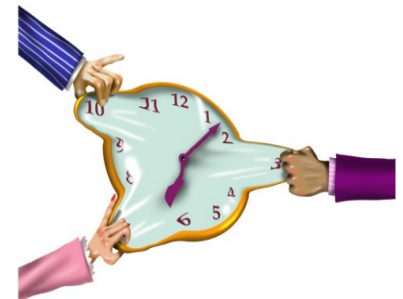
INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



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!

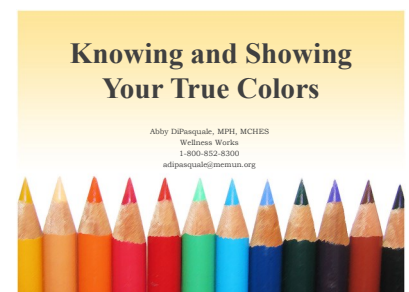
INSTRUCTOR: DANIELLE YALE
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TRUE COLORS

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.

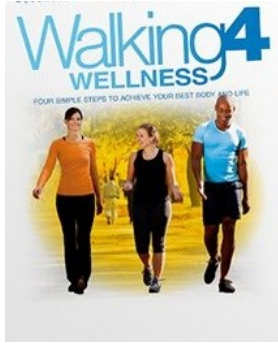
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HEALTH EDUCATION PROGRAMS

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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

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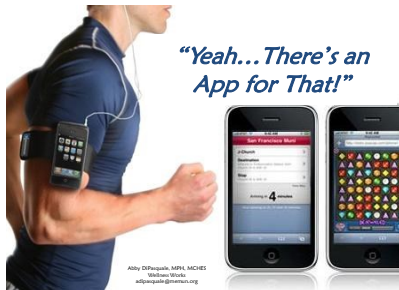
WORKPLACE VIOLENCE & DEALING WITH DIFFICULT PEOPLE



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

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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

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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



FITNESS PROGRAMS



DESKERCISE

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.

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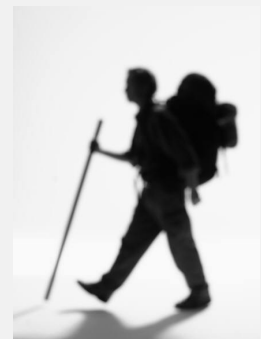


NORDIC WALKING

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.

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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.

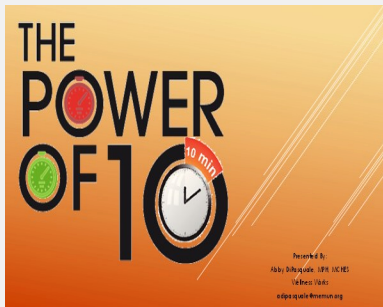
INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



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!

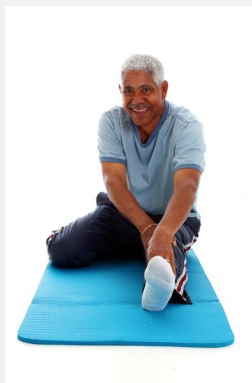
INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



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



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



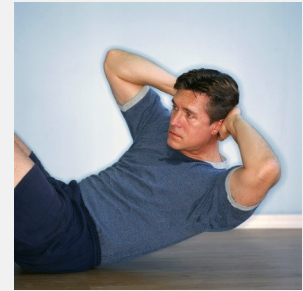
HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

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



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.

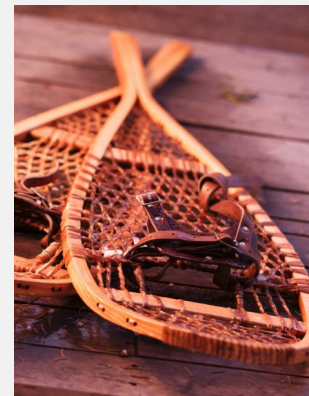
INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



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:

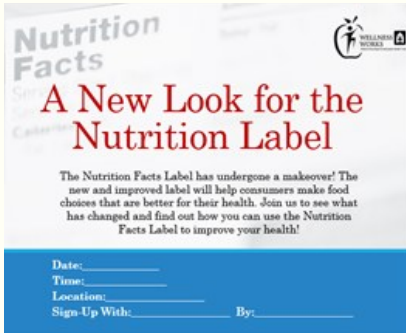
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HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

NUTRITION PROGRAMS



A NEW LOOK FOR THE NUTRITION LABEL

The Nutrition Facts Label has undergone a makeover! The new and improved label will help consumers make food choices that are better for their health. Join us to see what has changed and find out how you can use the Nutrition Facts Label to improve your health!

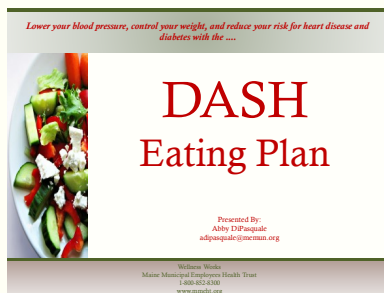
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



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.

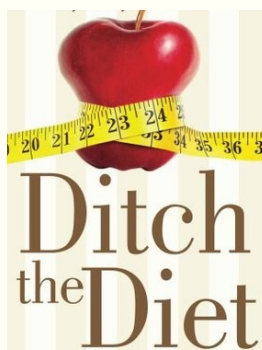
INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



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



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



HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

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!

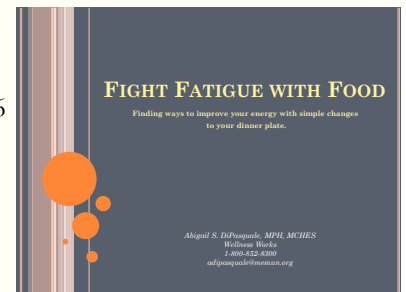
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



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!

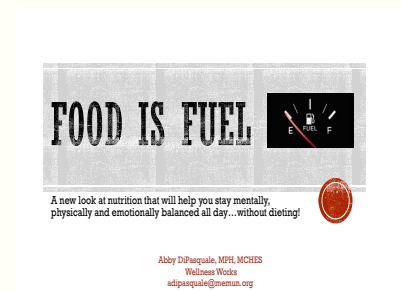
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



FOOD 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.

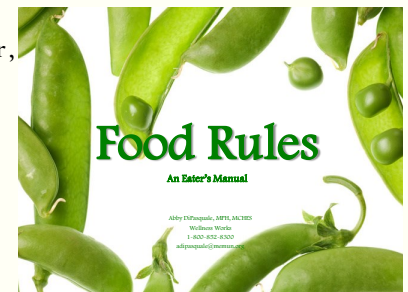
INSTRUCTOR: ABBY DIPASQUALE
CONTACT: ADIPASQUALE@MEMUN.ORG



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



The Game Changer – Meal Planning and Preparation

How to make the rest of your week easier. Set yourself up for success when it comes to making better food choices and prepping for the week or just a few days

Presented By:
Wellness Works, the Health Education and Promotion Program of the
Maine Hospital Employees Health Trust
1-800-852-8300
www.memun.org

GAME CHANGER: MEAL PLANNING AND PREPARATION

One of the key strategies to weight management is meal prepping. Whether it's making several meals ahead of time or just prepping food ahead of time to create later will make your life easier during the week. It will also assist you in making healthier choices of fruits and vegetables are already cleaned and cut and in containers. A little time up front will save you a lot of time later.

INSTRUCTOR: DANIELLE YALE
CONTACT: DYALE@MEMUN.ORG



Health or Hoax: Taking Better Bites To Better Your Health

Abby DiPasquale, MPH, MCHES
Wellness Works
1-800-852-8300
adipasquale@memun.org

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



The Importance of Staying Hydrated!

Wellness Works, the Health Education and Promotion Program of the
Maine Hospital Employees Health Trust
1-800-852-8300
www.memun.org

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



Kick the Sugar Habit

Wellness Works, the Health Education and Promotion Program of the
Maine Hospital Employees Health Trust
1-800-852-8300
www.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



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



HEALTH EDUCATION PROGRAMS

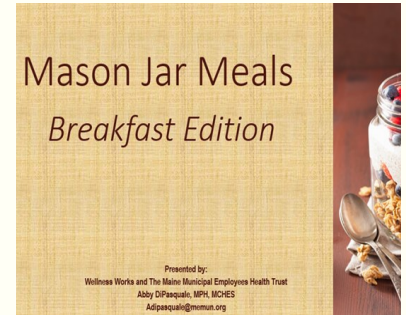
WELLNESS WORKS

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



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

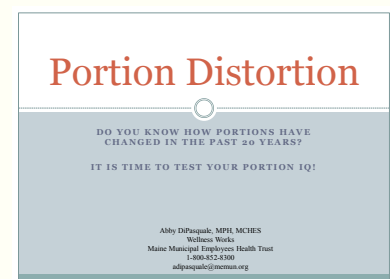


PORTION DISTORTION

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



RETHINK YOUR DRINK

Between sugar and chemicals in our beverages, this class will discuss better beverage choices and the benefits of choosing a healthier drink.

INSTRUCTOR: DANIELLE YALE

CONTACT: DYALE@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

Stress Eating

Eat Right to Fight Stress



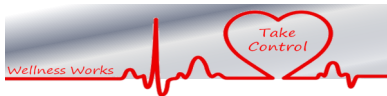
Abigail DiPasquale, MPH, MCHES
Wellness Works
1-800-452-9566
adipasquale@memun.org

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



Carbohydrates

Are you suffering from carb confusion? Its time to discover the "whole" truth!

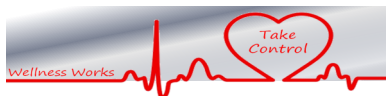
Abby DiPasquale, MPH, MCHES
Wellness Works
adipasquale@memun.org

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



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



HEALTH EDUCATION PROGRAMS

WELLNESS WORKS

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: ADIPSAQUALE@MEMUN.ORG



Fiber

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

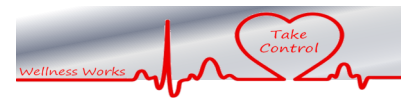
Abby DiPasquale, MPH, MCHES
Wellness Works
adipasquale@memun.org

TAKE CONTROL: 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



Protein

The Building Blocks of Your Body

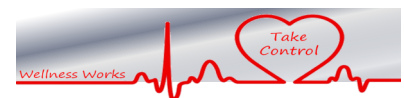
Abby DiPasquale, MPH, MCHES
Wellness Works
adipasquale@memun.org

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!

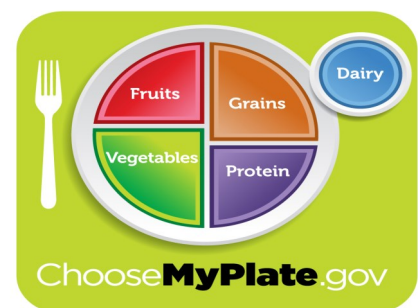
Abby DiPasquale, MPH, MCHES
Wellness Works
adipasquale@memun.org

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!

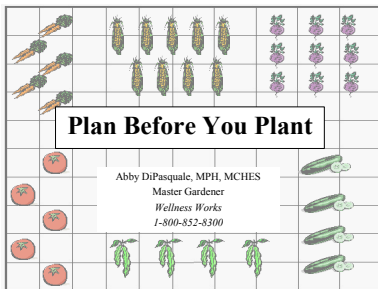
INSTRUCTOR: ABBY DIPASQUALE

CONTACT: ADIPASQUALE@MEMUN.ORG





GARDENING CLASSES

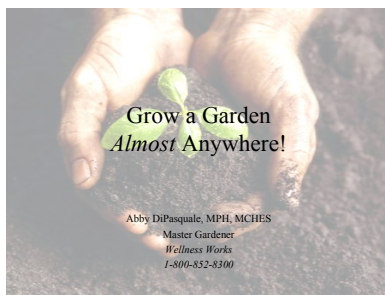


PLAN BEFORE YOU PLANT

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

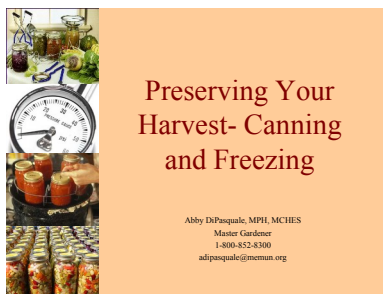


GROW A GARDEN ALMOST ANYWHERE

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

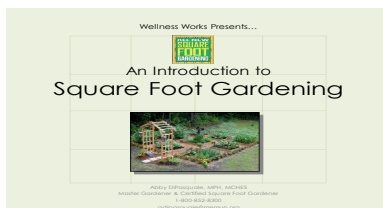


PRESERVING YOUR HARVEST: CANNING AND FREEZING

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.

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

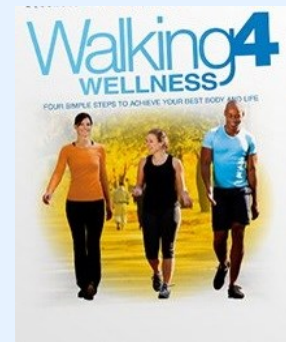


WALKING 4 WELLNESS

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.



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



RAISING THE BAR(BELL): EQUIPMENT DEMO CLASS

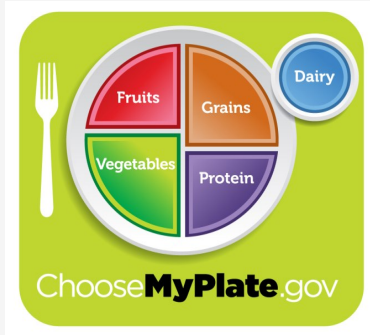
This class is designed to demonstrate the equipment that you have in your facility. Demonstrations will show proper form, seat adjustments and appropriate weights. Generic workouts for beginner, intermediate and advanced will be handed out. This is an observation class only.

INSTRUCTORS: DANIELLE YALE

CONTACT: DYALE@MEMUN.ORG

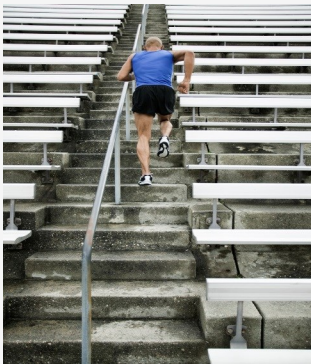
SELF-STUDY PROGRAMS

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!

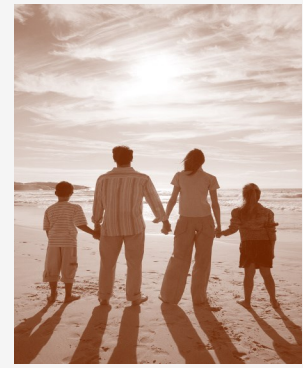


KID'S FITNESS; GETTING KIDS ACTIVE & KEEPING THEM ACTIVE

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.

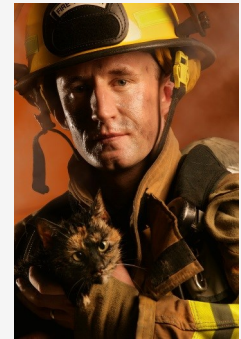
LOOKING AHEAD: ADVANCE DIRECTIVES & LIVING WILLS

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.



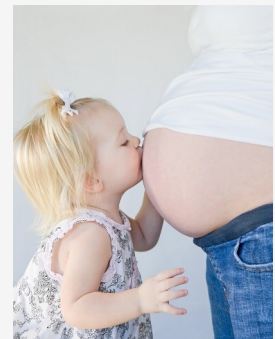
SUMMER SURVIVAL

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

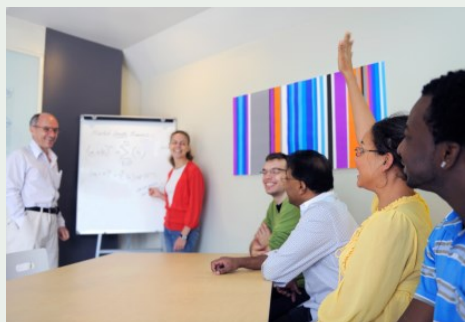
A family health or medical tree is very similar to a family genealogy tree, but instead of documenting family lineage you are documenting family health and medical conditions. A family health tree, also known as a genogram, shows the names of family members, how they are related, date of birth, their 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!



