

Health Promotion Workshops & Webinars

6-week lead time required






	Time	In this workshop	Participants will...
Healthy Eating and Weight		Managing Your Weight	... find out how setting realistic goals, making an action plan, and practicing new skills help increase confidence to manage weight successfully.
		Eat Well, Live Well: Eating Well for Your Health	... explore common truths and myths about eating well, and learn tips to eat mindfully and create a healthier plate.
		Smart Grocery Shopping & Label Reading	... discover how to shop smarter to meet health needs and learn to read food labels to make healthy choices.
		Preparing Healthy Meals & Dining Out	... get practical tips, identify healthier options, and discover the health benefits of making the healthy choice the easy choice.
		Plant-Based Meal Planning	... learn about creating healthy plates using plant-based proteins and how to meet all nutritional needs.
Mind-Body		Managing Stress: Building Awareness and Resilience	... identify sources of stress, its effects on the mind and body, and how constantly activating the “fight or flight” response can lead to burnout and health problems.
		Managing Stress: Awareness and Skill Practice for Self-Care	... learn about stress and gain awareness of personal reactions to it while exploring ways to manage stress and participating in a relaxation activity.
		Managing Stress: Practicing Mindfulness	... discover the benefits of mindfulness, how it can help allow space to respond instead of react, and ways to incorporate it into daily activities, followed by a short mindfulness exercise.
		Why Sleep Matters	... get simple and effective tools to improve their ability to rest, relax, and sleep.
		Taking Care of YourSELF: Sleep, Exercise, Love, Food	... focus on four ways to improve SELF-care, and learn how daily practice of simple strategies supports improved health and well-being.

Key: = 1 hour = 30 minutes

Mind-Body
















	Finding More Margin in Your Day	... get tips to lessen time stress, create healthier boundaries, and build more self-care and downtime into their day.
	Food & Mood	... learn to tune in to the body and mind and identify self-care practices to bring balance to eating and mood.
	Emotional Well-Being	... learn to tune in to emotions and identify self-care practices for managing mood and stress in a positive way.
	Cultivating Mindfulness	... practice mindfulness activities while exploring the definition of mindfulness, benefits of being in the present moment, and how to build awareness.
	Building Resiliency	... explore ways to learn from past experience and build new skills to be more resilient.
	Find Your Joy	... explore how positive psychology and practical strategies can nurture happiness while learning concepts and evidence-based practices that foster well-being, such as kindness, empathy, gratitude, and awe.
	Navigating the Next Normal	... learn how living in an uncertain world can have a negative impact on overall well-being and how to successfully navigate uncertainty by prioritizing self-care.

Healthy Habits





	Ready, Set, Goal: Creating Healthy Habits	... choose a behavior to target and explore ways to strengthen motivation to create habits that stick, and learn key strategies that lead to health improvement.
	Independence from Tobacco	... review their experience with tobacco and nicotine, decide if making a change is right for them, and get strategies and resources to become independent from tobacco.
	Think Before You Drink: Alcohol Awareness	... discuss the benefits and risks of alcohol as well as tips for cutting down or stopping drinking.
	Skin Cancer and Heat Awareness	... learn about ultraviolet rays, preventing sun damage, the signs of heat-related illness, and ways to cool down.
	Healthy Celebrations	... explore ideas and resources to create healthy menus, maintain fitness, and address increased stress during holidays.

Key:  = 1 hour  = 30 minutes





Physical Activity

 	Watch Your Back: Back Care Basics	... find out how to protect the back with better posture and sleep positions, stretching and exercise, and reducing stress.
 	Fitness Your Way	... identify and practice strategies to fit movement into the day and find creative ways to move more for better health.
 	Building Fitness into Your Day	... explore practical ways to integrate movement into the day, discuss the benefits of short, simple forms of exercise, and practice a brief fitness routine.
 or  	Wake-Up Cardio and Stretch	... get a chance to wake up and get moving with an energizing and mood-elevating workout that finishes with simple stretches.
 or  	Strengthen and Stretch at Your Desk	... explore exercises that can be done at a desk or workspace to stretch muscles and build strength, and get tips on reducing back pain by improving posture at work.
 or  	Refresh, Renew, Repair Yoga	... use a desk or workspace to practice restorative chair yoga to stretch and lengthen the spine, increase blood flow, and release tension.

Health Conditions

	Taking Care of Your Heart	... learn about heart disease, identify risk factors, and explore the Mediterranean and plant-based meal plans for heart health.
	Dietary Approaches to Stopping Hypertension (DASH Meal Plan)	... learn about high blood pressure, decreasing salt, and choosing heart-healthy foods.
	The Keys to Preventing Diabetes	... discover the five keys to preventing diabetes: eating healthy, getting active, quitting tobacco, managing stress, and sleeping well.
	Working with Your Health Care Provider: Creating Your A-Team	... learn about different health care providers, finding a health care team they trust, and making the most out of appointments.

Key:  = 1 hour  = 30 minutes  = Includes short physical activity video clips  = Live fitness instruction

	Women's Health	... review preventive steps to take for good health, risk factors, and screening recommendations specific to women.
	Men's Health	... explore what makes men's health unique, strategies to maintain up-to-date screenings, and self-care tools.
	Family Health	... review common health concerns and screenings, and find strategies to keep every family member healthy while practicing self-care.
	Intergenerational Caregiving	... discuss challenges related to meeting the needs of multiple generations and brainstorm creative solutions.

Key:  = 1 hour  = 30 minutes



For more information or to schedule a session, contact Lloyd Kishi at lloyd.kishi@kp.org or (808) 271-8184.