

# A Healthy You

## At-Work Wellness – January 2024

### Overview: 12-Week (3-month) Course

#### Once-Weekly Group Training & Presentation

- 1-hour Sessions
- Motivational-Educational Presentations
- *Successes & Challenges* Open Forum and Problem-Solving Segment
- Interactive Worksheets

#### Between Sessions

- Follow Up Notes for Each Presentation
- Motivational Messages from Donna
- Optional Group Chat (**Whats App**) for Support & Encouragement

#### Strategic Training Videos (for Review & Reinforcement)

- Fresh Start 1: The Basics of Organization in The Food Department
- Fresh Start 2: Continued: The Basics of Organization
- Mindful Eating: It's Not Only What, It's How You Eat
- Successful Goal Setting
- Motivation for Movement: Physical Activity for Brain and Body

#### Lifestyles Healthy Eating Food Guide

A flexible, adaptable, easy to follow, guide to healthy eating that works within your budget and personal preferences.

#### Group Synergy & Support

Start a walking club or team up with an exercise buddy.

**PDF Excerpts (or Published Copy)** of Donna's Book ***New Shoes, a Journey of Self-Discovery***. Plus, the New Shoes App. (Published copies may be ordered directly from Amazon.)

## **Options: In-House (Lunch Time or After Hours) or Virtual Sessions**

Please give thought to the timing that works best for you individually and as a group.

**Lunch sessions** work well; however, your commitment to leave your desk and work for your session is essential.

**After-hours sessions** at the office offer the bonus of eliminated work demands and, possibly, traffic congestion being eased for your drive home.

An **evening virtual session** offers the advantages of participating from the comfort and convenience of home without work distractions.

## **Registration:**

### **12-Week Course**

- 1. Virtual Group (minimum 5 Participants) - \$480.00 Per Person**
- 2. In Person, At-Work Group (minimum 5 Participants) - \$600.00**

**Save 20% on Groups Above 10 Participants**