

Cape Cod Municipal Health Group Health & Nutrition AND Stress Reduction Workshops for Employees

- **Healthy Eating Essentials 101:** What are the latest recommendations regarding healthy eating. What should your plate look like? Key points from the USDA's 2015-2020 Dietary Guidelines for Americans will be covered in this session.
- **Mindful Eating:** is learning to eat with intention *and* attention: Learn how to read your hunger cues and really taste your food! It's not just *WHAT* you eat, it is also *HOW* you eat that matters. Simple exercises to get in touch with your inner driver of what makes you eat.
- **Fast Meals for Busy Families:** Shortcuts, timesavers and easy recipes in 30 minutes or less to help you with healthy meal planning.
- **Good Mood Food:** Explore the gut and brain connection and learn how the food you eat can affect your mood, how you think and how you perform throughout the day.
- **Buy Local, Eat Fresh:** New to kohlrabi or baby bok choy? Overflowing with kale? Too many zucchini or tomatoes? With over 13 farmers' markets in Barnstable County, we have choices! We will explore some simple recipes and think out of the box store when it comes to fresh, local food.

Available Tuesdays, Wednesdays, and Thursdays during the lunch hour by reservation, conducted by Cape Cod Cooperative Extension nutrition educators. 45 minutes sessions will include Q&A, educational handouts, recipes and tasting opportunities after a healthy cooking demonstration.

- **Mindfulness and Anxiety:** Mindfulness has been shown to help people with anxiety ease their minds and find calmness even in the turbulence of their own thoughts. Learn why mindfulness has been shown to make a difference.
- **Mindfulness and Sleep Issues:** more than 60 million Americans claim to have either chronic or occasional sleep issues and we think the number is much higher. Why is mindfulness helpful in letting people fall asleep more easily or getting back to sleep more quickly having woken up in the middle of the night? Learn the basics of how to get more and better sleep.

Available Friday lunch hour by reservation, conducted by Adam Liss, Mindfulness Instructor. 45 minute sessions will include Q&A.

Members who participate in any of these workshops are entitled to 10 points on the wellness portal (maximum of 30 points)

TO SCHEDULE ANY OF THE ABOVE SESSIONS FOR YOUR WORKSITE, PLEASE CONTACT DEANNA DESROCHES AT CAPECODHEALTHYCONNECTIONS@GMAIL.COM

CCMHG Health & Nutrition/Stress Reduction Workshops for Employees – continued:

- **Qigong:** Holistic system of coordinated body posture and movement, breathing, and meditation used for promoting good health
- **Meditation:** Practice of resting the mind and attaining a relaxed state of consciousness
- **Gentle yoga:** Softer, relaxing, slower paced yoga
- **Guided Breathing:** Control breathing to reduce stress
- **Yoga Nidra:** Conscious relaxation practice

Available Tuesday and Wednesday lunch hour, conducted by Lynette Walker, Certified Yoga Instructor. 45 minute sessions will include Q&A.

- **Self-Care 101:** We're often so busy taking care of everyone and everything that we don't take care of ourselves, ending up depleted, stressed and out of balance. Think of that airplane analogy: *"In the event of an emergency, put the oxygen mask on yourself first..."* You can't help anyone else if you're panicking and not breathing. Using simple hands-on energy techniques (such as self-massage for face, head, neck, shoulders and hands) and gentle movements, participants will enjoy more energy and experience less mental and emotional stress.
- **Back Talk: Relieve & Prevent Back Pain:** Over 80% of Americans will experience back pain in their lifetime. Back problems are the second most frequent reason for doctor visits and among the most prevalent causes of disability for people *under age 50!* This workshop is designed for individuals who experience minor back problems and/or want to prevent back pain from occurring in the first place. We'll explore common causes of back pain: poor posture, sitting too much, incorrect or insufficient exercise, and our old pal, stress. Participants will perform safe exercises designed to relieve minor discomfort, strengthen the back, and prevent injury.
- **Daily Life Stress – How You and Your Family Can Cope:** Does it seem as if there is nothing you can do about your stress levels? You have more control than you think! This workshop will help you discover the role your own thoughts, patterns and behaviors play in relation to stress. Learn practical methods to better cope with and manage stress, and by doing so, allow you to set a healthy example and provide encouragement for family members. Attendees will be guided through a series of breathing and stretching exercises followed by a brief meditation, designed to help participants feel calm, centered and rejuvenated.

Available most days of the week through reservation, conducted by Olivia Miller, Relaxation Coach. 45 minute sessions include Q&A.

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