



# An employer guide to our well-being workshops

Inside you'll find information about our interactive well-being presentations. Use this guide to find health education opportunities that support your well-being program strategy.





# Empower employees to engage in their well-being

## Choose from 19 workshops

Our health and well-being team is available for interactive well-being presentations on a variety of topics – from everyday nutrition to happiness to sleep – we have something for every organization.

## Get advice from well-being experts

The presentations are led by one of our certified health coaches, who are credentialed health care professionals.

## Customize the classes to fit your needs

Our workshops are available as live virtual sessions, or they can be viewed as on-demand classes. Workshops range in time from 15 minutes to 1 hour, allowing you to offer them as quick breaks or longer lunch and learns. We'll also work with you to develop a flyer to help you promote the event to your unique population.

Talk to your Health Management Consultant or Account Manager to schedule a well-being workshop.





# Nourish your body

## 1 Everyday Nutrition

This workshop provides an overview of essential nutrients, discusses benefits and disadvantages of several popular eating trends and offers tips for making healthy food and beverage decisions.  
+ Allow for 45-60 minutes

## 2 Plant-based Nutrition

Curious about plant-based nutrition? This workshop provides an overview of various plant-based diets, discusses benefits and considerations of plant-based nutrition and offers tips for anyone considering switching to a plant-based diet.  
+ Allow for 30-45 minutes

## 3 Eating Trends

This workshop discusses benefits and disadvantages of several popular eating trends including paleo, ketogenic and intermittent fasting.  
+ Allow for 30-45 minutes

## 4 Mindful Eating

What does it mean to eat mindfully? Learn the benefits of mindful eating, creating a healthy connection with food and practical advice for being mindful as you plan, prep and eat meals.  
+ Allow for 30-45 minutes

## 5 Immunity and Brain Boosting Foods

Nourish your body and mind through nutrition. Learn how food can help keep your brain sharp and boost your immune system.  
+ Allow for 30-45 minutes

## 6 Planning Meals that Keep Us Connected

Cooking for one or a family of five? Meal planning can help you eat healthier and save time and money. This workshop offers practical tips for creating a healthy meal plan that suits your lifestyle.  
+ Allow for 30-45 minutes

## 7 Build Vitamin-Packed Smoothies

This workshop discusses the health benefits of smoothies and key tips and ingredients for making your own smoothies. Plus, learn how to prepare anti-stress and digestive smoothies and try samples of each!  
+ Allow for 30-45 minutes  
+ Includes food demonstration, which requires ingredients to be purchased by the employer

## 8 Superfoods – Nutritious Foods with Added Health Benefits

This workshop discusses the health benefits of superfoods and how to incorporate them into your diet. Plus, learn how to make a superfoods recipe – chocolate peppermint chia pudding – and try a sample!  
+ Allow for 30-45 minutes  
+ Includes food demonstration, which requires ingredients to be purchased by the employer

## 9 Create a healthful plate

This workshop covers the 6 F's for building a healthy salad – foundation, growth factor, fats, fruit, fermentation and fun. You'll also learn how to prepare a detox salad with a no-mix dressing and try a sample!  
+ Allow for 30-45 minutes  
+ Includes food demonstration, which requires ingredients to be purchased by the employer

For information on our health coaches, visit [ProvidenceHealthPlan.com/healthcoach](https://ProvidenceHealthPlan.com/healthcoach)



# Get moving

## 10 Create a Circuit Workout With Bodyweight Exercises

Want to exercise but don't have access to gym equipment? Learn the benefits of bodyweight exercises and tips for putting together your own workout. Our health coach and certified personal trainer will also lead a 30-minute workout!

+ Allow for 45-60 minutes

## 11 Fitness Trends

Curious about the latest fitness trends? This workshop discusses current exercise research and covers benefits and examples of current fitness trends.

+ Allow for 30-45 minutes

# Feel your best

## 12 Happiness and Well-being

Learn about the connection between happiness and well-being, the concept of hygge and tips for improving happiness at work and in your daily life.

+ Allow for 30-45 minutes

## 13 Coping with Stress

This workshop discusses the impact of stress on your well-being, how to recognize your stressors and tips and tools for coping with stress.

+ Allow for 45-60 minutes

## Mental Health Matters

14 This workshop covers common mental health myths and offers strategies for improving mental health and reducing stigma in the workplace.

+ Allow for 45-60 minutes

# Create healthy habits

## 15 Introduction to Health Coaching

This workshop provides an overview of what health coaching is and discusses how to create a wellness vision, set effective goals and build self-efficacy to reach health and wellness goals.

+ Allow for 45-60 minutes

## 16 The Art of Self-Care

Why aren't we better at self-care? This workshop defines self-care, discusses common barriers to practicing self-care and provides practical strategies for developing a self-care routine.

+ Allow for 45-60 minutes

## 17 Kicking the Habit: Smoking Cessation

This workshop discusses how tobacco impacts well-being, various intervention strategies and tips for developing a quit plan or supporting someone who is trying to quit.

+ Allow for 45-60 minutes

## 18 Sleep Well, Feel Well

A good night's sleep can be elusive. This workshop covers the benefits of sleep, common causes of sleep deficiency and tips for improving sleep.

+ Allow for 45-60 minutes

## 19 Well-being Panel Discussion

A panel discussion featuring 3 well-being experts – a registered dietitian, a personal trainer and a health coach. Panelists will discuss the fundamentals of well-being, the latest trends and research in their fields and practical advice for staying on track with healthy habits.

+ Allow for 45-60 minutes

## Share your ideas

We're here to support your employee well-being program. If you have a workshop topic that would be relevant to your population, email our team at [workplacewellness@providence.org](mailto:workplacewellness@providence.org)





When you're healthy, you can feel inspired to do great things for your community and the world at large. We believe healthcare is a human right — everyone has a right to quality healthcare. We're dedicated to the health and care of every member of our community, no matter where they live or who they work for.

Because everyone's well-being matters.

Ready to schedule a well-being workshop? Contact your Health Management Consultant or Account Manager. Or, email our team at [workplacewellness@providence.com](mailto:workplacewellness@providence.com)

[ProvidenceHealthPlan.com](http://ProvidenceHealthPlan.com)

