

# Trainings and webinars

Our team of experts provide interactive and engaging trainings in all areas of health and well-being. These are available to you in person or through a live webinar.

## Our offerings include:

- **Body Mechanics and Posture:** Build a solid foundation to energize movement and prevent injuries
- **Cancer Prevention:** Review healthy habits to reduce risk for certain cancers and recommended screenings to catch cancer early
- **Dakota Wellness Program:** Engage employees in earning their \$250 wellness benefit
- **Flourishing Financially:** Review the ways your choices to spend or save impact overall well-being
- **Five Star Sleep:** Learn to create healthy conditions that promote the rest and recharge we need to be safe and productive at work
- **Get Moving at Work:** Learn about the harmful effects sitting too often has on your health and how to add exercise to your workday
- **Gratitude:** Create positive thoughts and actions using gratitude to improve your overall well-being



- **Healthy Meals in a Hurry:** Set yourself up for success to shop, plan and cook healthy meals
- **Love Your Job:** Explore new ways to think about and cope with the same old hustle and bustle
- **Make it Happen:** Set yourself up for lasting change and create an action plan to reach your goals
- **Mindful Eating:** Break away from poor eating habits and establish a healthy relationship with food
- **Mindfulness:** This four-week course offers an introduction to the foundations of mindfulness including stress reduction, self-awareness, focus and connectivity by practicing neuro-science based techniques
- **Overcoming Stress:** Review the sources of stress and techniques to reduce it
- **Quit Clinic:** Jump-start your journey to being nicotine free by exploring ways to crush cravings and developing important skills for handling tough moments
- **Self-care for Pain:** Develop a personal self-care plan to reduce and manage pain
- **Well-being for Prevention:** Discover what it means to thrive in all six areas of well-being and its impact on overall health