



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER WICHITA YMCA

WELLNESS WORKS

2020 Power Lunch Webinar Series

Webinars are designed to provide participants with 50 minutes of fresh wellness information and an opportunity to identify their personal wellness goals. Employees can participate on their own or in a group setting. Companies will receive attendance reports, recordings of the webinar following the LIVE session, and survey feedback from individuals who participated.

SELFISH TO SELFLESS FEBRUARY 12

Selfless acts have many personal benefits as well. So whether your contributions are for selfish gain or selfless service first, you get benefits.

FIGHT DIABETES RISK WITH ACTION MARCH 11

Don't play the victim with Diabetes. Whether you have been diagnosed, told you are pre-diabetic or it runs in your family, you can take action. Diabetes Alert Day is March 24

FROM EFFORT TO OUTCOMES WITH EXERCISE APRIL 8

Turn your exercise output into outcomes when you apply physical activity recommendations with science for progression.

BREAKING THROUGH MAY 13

Nothing may feel as debilitating as mental health struggles, like anxiety and depression. Discover ways to help others, or yourself. May is National Mental Health Awareness Month

SUGAR AND YOUR IMMUNE SYSTEM JUNE 10

With guest speaker Dr Patrick Garrett. Your body is a series of interconnected systems. Uncover how sugar interacts with your immune system and ways to boost your health and healing.

FINANCIAL FACT FINDING JULY 8

Fixing, or enhancing, your financial status is all about the facts. Make your money decisions with knowledge and confidence.

FROM SCREEN TIME TO SLEEPY TIME AUGUST 12

Television or internet scrolling may be part of your current bedtime routine but could you change this habit if it meant more energy, improved hormone functioning, and better overall well-being?

YOGA, STEP BY STEP

SEPTEMBER 9

With certified yoga instructor Holly Hajjaj. De-mystify the practice and benefits of yoga through this experiential class.

EATING FOR SUCCESS ON THE GO OCTOBER 14

With Registered Dietician and Healthy Eating Director Tammi Krier. Without mindfulness, preparation, and helpful tips, eating on the go or while on the road can derail any good eating intentions. Don't get stuck on the road to poor nutrition.

WEIGHT LOSS – NO GIMMICKS NOVEMBER 11

Apply cornerstone practices and consistency in eating habits, physical activity, sleep hygiene and stress management to achieve healthy, sustainable weight loss.



KNOW YOUR NUMBERS MINI SERIES – \$180 SIX, PRE-RECORDED 25-MINUTE VIDEOS

CREATED TO EDUCATE AND SUPPORT EMPLOYEES IN MAKING IMPROVEMENTS TO THEIR HEALTH RISK FACTORS.

1. BLOOD PRESSURE
2. LDL/TOTAL CHOLESTEROL
3. HDL

4. TRIGLYCERIDES
5. GLUCOSE
6. WEIGHT LOSS & WEIGHT DISTRIBUTION

WEBINAR RATES:

YMCA Corporate Membership Partners:

Starting at \$100 per Webinar or Full Webinar Package for \$800

Community Partners:

Starting at \$150 per Webinar or Full Webinar Package for \$1200

Healthy Lifestyle Coaching Program Partners:

\$400 for the Full Webinar Package

REGISTER YOUR COMPANY TODAY!

Contact Holly Hajjaj at

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