



PERSONAL GROWTH & MENTAL HEALTH WORKSHOPS

Your Path to a Fulfilling Life

When you close your eyes at the end of the night, do you ever think: Where did my day go? Or week, month, year, and so on? Do you feel good about how you spent your time and energy? Participants in this session will learn about holistic wellbeing, including the spiritual, physical, emotional, and mental dimensions and reflect on each. When we better align our time and energy with our values, we can smile a easier as we close our eyes at night and open them for the days to come as well as experience life more fully.

Mindfulness: Enjoying Life with your Presence

Find time to relax and calm your mind between all of your responsibilities, distractions, and a packed schedule. Use your mindfulness skills to help you reduce stress, strengthen relationships, and improve your overall wellbeing. Participants will practice mindfulness techniques during the session. Leave with a toolbox of ways to slow down your busy world and enjoy life.

Stress Busters and Relaxation Techniques

Life can be overwhelming. Take time to pause and reflect during this presentation. Gain a greater understanding of stress and ways to recognize, prevent and manage it. Participants will experience relaxation techniques during this session and leave with a personal plan for better balance.

Simple Steps to Boost Energy & Maximize Productivity

Learn how to boost your energy, overcome slumps of fatigue and get the most out of your day by maximizing your productivity. Use your greater energy to dedicate to the people and things that matter to you most and get the 'umph' you need to tackle your 'to do' list.

The Power of Gratitude

You've thought of being thankful as a good thing to do or the right thing to do, but it is so much more. Participants will learn how practicing and expressing gratitude improves relationships and boosts health and happiness. Understand the research, participate in expressions of gratitude, and take time to reflect. Even when life has storms we can find the clearing through gratitude. Walk away with strategies on how to have an attitude of gratitude to create healthier habits for a fulfilling life.

YOUR SPEAKER

KELLY KELDERMAN

CORPORATE WELLNESS TRAINER

CERTIFIED EXERCISE

PHYSIOLOGIST

CERTIFIED YOGA INSTRUCTOR





PHYSICAL WELLBEING WORKSHOPS

Nutrition Simplified in 7

This session is geared for those who wish to eat healthier, increase their energy, or manage their weight. Learn seven, simple healthy eating principles to live by. Leave with your personal nutrition improvement plan in hand to increase your health and energy.

Healthy Breakfast Prep + Smoothie Demo

Start your day the healthy way and you're more likely to carry out healthy habits the rest of the day! Learn tips on preparing a healthy breakfast during this session and watch a live smoothie demo! Participants will create their personal healthy breakfast plan and get to sample the delicious smoothie.

Fitting in Fitness

Have you thought about getting more exercise or tried, but it hasn't become a habit? Getting fit does not have to take a lot of time or fancy equipment. Dedicating even 10 minutes per day will help you reach your goals, whether you are looking to tone up, release stress, improve your mood, or just get more fit. Learn tips and tricks to make fitness part of your routine and create a basic fitness plan you can do anywhere- no equipment needed. Participants may try a few exercises during our session so they are more likely to 'stick' as they create their personal fitness plan.

MIND-BODY SERVICES

Calming Meditation

Our minds crave the opportunity to slow down and shift from the sympathetic flight or fight mode into the parasympathetic rest and digest mode. Calm your busy mind, reduce stress and anxiety and relax with meditation. The art of mindfulness through meditation helps to bring a greater sense of calm in your life as you learn to focus on the present moment. Typically, a 20 to 30-minute guided practice.

Hatha Yoga

Enjoy the both the physical benefits of increased strength and flexibility along with the mental benefits of relaxation and a more calm presence. During this practice, you will go through a series of basic yoga poses with a mindful presence using breath as an anchor. No experience needed. Leave class feeling like a weight has lifted from your shoulders, your body feeling good and boost of positive energy for your day ahead. Typically, a 45 to 60-minute class.

Core Conditioning

Enhance your core strength and improve your posture with this fitness class designed for everyone. Participants will learn basic abdominal and back strengthening exercises. This is an all levels class, so variations and modifications will be offered to make all participants feel comfortable. Leave with your core strengthening plan that will help you stand taller, reduce back pain, boost your confidence, fitness and improve overall health.

