We can support your event by:

- Setting up an information table to provide health education
- Leading an activity at your event such as a group stretch break

**DIVISION OVERVIEW**

One of our team members presents a 15-20 minute overview of the Employee Wellness Division and the many services and programs we provide to County employees.

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**EVENTS & MEETINGS SUPPORT**

**WORKSHOPS**

Our health promotion workshops address various topics to foster health and well-being. Each workshop is 45-60 minutes in length. Workshops are provided indoors only and require a power source.

- Gratitude
- Laughter as Medicine
- Mindfulness for Health & Happiness
- Mindfulness Meditation
- Stress Management

**EMOTIONAL HEALTH/WELL-BEING**

- Dance Fitness (Zumba, Dance Fusion, U-Jam)
- Stretching ★
- Tai Chi
- Qi Gong Flow
- Yoga

★: Available for 15-30 min. in length

**HEALTHY LIFESTYLE**

- Back Care
- Sleep Health
- Turn Off, Tune In (Digital Detox)

**NUTRITION**

- Smart Eating
- Eating in Season

Topics subject to change based on instructor availability.

**FITNESS CLASSES**

Each of the following classes range from 30-60 minutes in length. Activities can be held indoors or outdoors.

- Dance Fitness (Zumba, Dance Fusion, U-Jam)
- Stretching ★
- Tai Chi
- Qi Gong Flow
- Yoga

**PHYSICAL ACTIVITY**

**HEALTHY LIFESTYLE**

**NUTRITION**

**WORKSHOPS**

- Back Care
- Sleep Health
- Turn Off, Tune In (Digital Detox)

**FITTNESS CLASSES**

**PHYSICAL ACTIVITY**

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