



KGA 2012 Wellness Series Descriptions

STRESS MANAGEMENT

Blood Pressure Screening

High blood pressure is a major risk factor for heart disease and stroke. For this reason it is extremely important to monitor blood pressure. Blood Pressure is variable and can be influenced by stress, physical activity, and caffeine. Only in taking many blood pressure readings over time can we know what our average blood pressure is. A screening can be a first step in determining whether closer monitoring is needed.

- Do you know what your Blood Pressure is?
- Is it below 140/90?
- It should be!
- *Why?*

Stop by and find out!

An average of 15 participants can be screened in one hour.

The Happiness Seminar

What is happiness? What does research tell us about the factors that lead to a happier, more satisfying life? In this seminar, we'll explore heredity, pleasure, purpose, health, spirituality, attitude, and more, and offer some suggestions that can be used in your personal explorations of a happy life. Participants will learn:

- The most important contributor to your happiness
- How you can increase your sense of fulfillment at work
- Hints at enhancing your overall contentment

Mindfulness Techniques Seminar

Mindfulness meditation can lead to a calmer perspective and greater ability to cope with stressors both at work and at home. This seminar provides an introduction to the techniques and research behind this meditation style. Participants will:

- Learn about the latest research in mindfulness and resiliency
- Discuss and experience mindfulness techniques
- Receive resources on classes and on developing a personal practice

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Onsite Chair Massage

Far beyond simply “feeling good”, massage has an impressive range of therapeutic effects and benefits. Massage is therapy to the muscles, a combination of techniques where muscles are smoothed, stretched, and relieved of tightness and knots. All body systems benefit.

Seated massage in the workplace provides the following benefits:

- Decreases stress and fatigue
- Improves circulation and mental clarity
- Balances the body by relieving muscular tension
- Increases energy and productivity

Reframe Your Brain: Positive Thinking Seminar - *NEW!*

It shouldn't be surprising that people who can put an optimistic spin on to negative events tend to be healthier and less stressed. What may be surprising is that optimism can be learned. Based on the results of extensive research, this workshop demonstrates how to reframe your thinking to have a more positive attitude, alter self-defeating patterns of thought, and utilize constructive self-feedback to reach your goals. Following this seminar, participants will be able to:

- Identify their tendency toward optimistic or pessimistic framing of events
- Learn techniques for reframing the interpretation of stressful situations
- Practice optimistic thinking

Stress Hardiness - When You Need it Most Seminar - *NEW!*

Your boss gives you an emergency assignment late Friday afternoon. You find out your loved one may need surgery. Your teenager says something hurtful to you. The temptation in each of these situations may be to respond without thinking, letting your emotions take control. But that's often the worst thing to do. This seminar helps participants identify their usual responses to stressful situations and demonstrates effective ways to manage emotions even in the most stressful situations. Following this seminar, participants will be better able to:

- Assess their current ability to effectively cope with stress
- Recognize some of the factors that contribute to susceptibility to strong negative reactions to stress
- Utilize techniques to develop “Stress Hardiness”

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Stress and Resiliency Information Table

Come and learn about the EAP's Stress Management Resources at a special EAP Information Table, where you can talk with an EAP Consultant about services that help alleviate stress. At the table will be a selection of handouts and articles on stress management, resiliency and relaxation techniques, as well as hands-on stress management tools to explore. The EAP provides information, consultation and referral on a variety of work life balance issues that may be causing you stress. This includes childcare, parenting, elder care, legal issues, time management, organizational skills, nutrition, and financial issues.

Surge Protection: Preventing Burnout Seminar

Evaluate your mind/body connection and learn how you can prevent physical and mental fatigue.

- Understand how too much “fight or flight” can burn you out
- Identify your individual stress symptoms
- Experience relaxation exercises that help while you work
- Discover how to keep a humor perspective

Come to this seminar and learn additional ways to reduce stress and prevent burnout.



FINANCIAL / LEGAL

Credit: Cards, Scores and More Seminar - *NEW!*

How can you maintain a good credit rating? What's the highest interest rate a lender can charge? When is it a bad idea to use credit? This basic seminar answers these and many other important credit-related questions. Following this seminar, participants will be better able to:

- Decide when to use and not to use a credit card
- Understand the differences between secured and unsecured credit
- Evaluate car loans, mortgages, and other forms of credit
- Know how to check and maintain a good credit rating

Financial Planning or College Financing Information Table

Come and learn about the EAP's Financial Planning Resources or College Financing Information at a special EAP Information Table. You can talk with an EAP representative about the kinds of financial planning and college financing services the EAP offers, choose from a selection of handouts and articles on topics of concern for everyone, and view samples of the kinds of

resources the EAP provides to employees to help them build financial security and reach their goals.

The EAP provides information, consultation and referral on a variety of financial planning issues including money management, insurance, credit cards and debt management, retirement planning, estate planning, college financing and investing.

Investment Basics Seminar

Investing means developing a carefully planned and prepared approach to managing and accumulating money. Investment planning is about discipline and patience, but it doesn't have to be difficult. Please join us to discover what investing means to you. We will discuss:

- The basics and logic of investing
- How this knowledge can help you and your family reach your financial planning goals such as retirement, college planning, etc.
- How to develop or revise an investment plan

You will leave this presentation with the education and enthusiasm needed to steer yourself towards financial success!

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Managing Money to Reach Your Goals Seminar

Participants will learn how to make their money work harder for them when the economy is not cooperating, and how to avoid making a tough financial situation worse. Discussion will also include how to manage investments and retirement assets appropriately during times of market volatility. The seminar focuses on:

- Income management
- How to use money more efficiently and effectively
- What NOT to do when the market is down
- Why retirement and non-retirement assets need to be considered separately

Pay Yourself First for Financial Wellbeing Seminar - *NEW!*

Saving money is an important part of building your financial future. This seminar presents tips on how to get started and discusses how interest, saving accounts, and money market accounts work. Following this seminar, participants will be better able to:

- Understand investment and savings accounts
- Assess where their money goes

- Plan ways to save money
- Invest the money they save

Raising Financially Aware Children Seminar

This seminar covers how to introduce and consistently reinforce the principles of good money management to your children as they grow. Topics include:

- Discussing wants vs. needs
- How to teach priority setting and financial goals
- Age appropriate tips for allowances and opportunities to earn money
- Guidance on spending, saving and giving money

The Basics of Estate Planning Seminar

This seminar explains the documentation needed for successful Estate Planning. If you fail to plan you plan to fail! Participants will learn the many terms that describe will planning, guardianships, and trusts. The session will cover contents, costs, and pros and cons of various options, especially the importance of having the following documents in place:

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- Will
- Beneficiary form
- Health Care Proxy
- Revocable Living Trust
- Durable Power of Attorney

Top Ten Financial Mistakes Seminar

Please join us to learn how to avoid the Top Ten Financial Mistakes so you can protect yourself and your family. Knowledge is power and you will want this powerful information. In this seminar participants will learn:

- How to best position yourself to reach your goals
- How to steer your way around serious pitfalls toward a sound financial plan



Building a Strong, Connected and Fun Family Seminar

Do you feel pulled in so many directions that you are starting to fray? Balancing family with many other obligations is challenging even for the most organized families. Sticking to your priorities is easier said than done! In this workshop you will:

- Discover your family values
- Learn how to live by these values daily through family rituals
- Troubleshoot specific situations

Bullies, Targets and Bystanders Seminar

Bullying is a common experience in schools. Parents are frequently concerned that their children will be or are being bullied by other children, or may be bullying others themselves. Certainly all children are witnesses to some form of bullying during their school years. This workshop will:

- Define bullying, targets, and bystanders at all ages
- Describe all forms of bullying, including electronic bullying
- Explain what parents and programs can do to stop bullying

College is Around the Corner: College Financing Seminar

Designed for parents of high school juniors and seniors, this popular college financing seminar provides an overview of the financial aid application process. Ideally this seminar should be scheduled in the Fall. Topics include:

- Types of financial aid available
- Information on searching for scholarships
- Alternative financing options

The follow-up to this course is titled **After the Acceptance Seminar**, which is ideally scheduled in the Spring.



It's Never Too Early: College Financial Planning Seminar

This seminar helps parents (or grandparents) of young children learn how to plan for college and graduate school. Included is information about Massachusetts' two college savings options:

- The U.Fund 529 College Investing Plan and
- The U.Plan Prepaid Tuition Program

The seminar also focuses on myths and facts about financial aid.

Availability of a comparable seminar in other states may vary.

Key Conversations With Your Child Seminar - *NEW!*

Smoking. Drinking. Dating. Sex. Staying safe. These are just a few of the important topics you will want to discuss with your child or teen. But what is appropriate to tell a 4-year old? An 8-year old? A 12- or 15- or 18-year old? What words should you use? This highly interactive seminar will help you talk about these important topics appropriately with the young people in your life. Following this seminar, participants will be better able to:

- Identify topics they want to discuss with their children
- Decide when to discuss these topics with their children
- Comfortably and effectively have these conversations

Parenting/Childcare Information Table

Bring your parenting or childcare questions to a special EAP Parenting or Childcare Information Table. You can talk with a counselor or Childcare Specialist who can address your parenting issues and concerns or help you with the process of planning for childcare that meets your lifestyle needs. For parenting or childcare concerns, the EAP can help you every step along the way.

The EAP provides information, consultation and referral on a variety of issues related to parenting, child, pregnancy and family issues. The Parenting Table will provide ample tips, resources and articles related to parenting issues. The childcare table will be stocked with helpful information about what to look for, how to interview childcare providers, and how to know when a change is needed.

If you miss the table, the EAP is open to employees and household members and includes telephone consultation with a childcare professional. KGA also provides customized childcare searches and screens for childcare availability at no charge to employees.

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Staying Ahead of Your Kids: Social Networking Seminar

Today's teens and "tweens" are connected to one another and to the world via digital technology more than any previous generation. While adolescents may be more digitally savvy than their parents, their lack of maturity and life experience can quickly get them into trouble with these new social venues. For this reason it is critical that parents talk with their children of all ages about social media and monitor their online use to help them navigate this new social world. In this seminar participants will:

- Receive an overview of social media and how young people are using it
- Learn practical tips for talking to adolescents about their use and your limits of social media
- Create a strategy for monitoring your kids' online social media use

Talking to Children about Drugs and Alcohol Seminar

Kids who learn about the risks of drug abuse from their parents are less likely to use drugs than kids who do not. As your child moves from elementary school through middle school and on to high school, it is important to keep talking to them about the harm that drugs, tobacco, and underage drinking can do to their young lives.

Join us for a lively and educational presentation about how to:

- Talk about a sensitive subject without alienating your teen
- Influence your child away from drugs and other substances
- Know what to say and how to say it



ELDERCARE

Eldercare Information Table

Come and learn about the EAP's Elder Care Resources at a special EAP Information Table. You can talk with an EAP Eldercare Consultant about the kinds of eldercare services the EAP offers, choose from a selection of handouts and articles on topics of concern for elders and their families, and view samples of the kinds of resources the EAP provides to employees with elder care needs.

The EAP provides information, consultation, and referral on a variety of elder care issues including in-home assistance and care, assisted living, skilled nursing care, transportation services and legal consultation.

Eldercare Safety Seminar

The right to drive and live independently is fundamental in this country. However, the impact of dementia on driving skills and independent living poses particular risks to elders and others, and can lead to significant stress for caregivers who shoulder the burden of worry. This seminar addresses the following issues:

- How can you determine whether your family member is at risk?
- What type of legislation and resources exist to address eldercare safety issues?
- How do you start the difficult conversation and take action to ensure the safety of your loved one?

Emotional Aspects of Caregiving Seminar - *NEW!*

Caregiving can be very stressful for the caregiver, who often also has a job, a spouse/partner, and/or children. Many caregivers experience a wide range of conflicting emotions, including sadness, guilt, and anger. This seminar will help participants:

- Utilize effective coping strategies
- Meet the physical and emotional demands of caregiving
- Take care of their own needs while meeting the needs of others

How to Put the "Share" in Family Caregiving

Given the significant financial, emotional, and physical demands of caregiving, complicated family dynamics can be one of the most challenging aspects of caring for an aging family member. Conflicts can arise over a myriad of issues; including disagreements over an elder's condition and capabilities, financial and legal matters, and caregiving roles and responsibilities. Sibling rivalries dating back to childhood are often exacerbated under the strain of caregiving. In addition, the burden of care most often falls to one family member, and unequal responsibilities can lead to increased frustration and discord. Participants will:

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- Examine and discuss the challenges families frequently face when caring for an elder
- Explore strategies that enable siblings and other family members to minimize conflicts and approach caregiving in a more mutually collaborative and supportive manner

Managing Work and Caregiving Seminar

Handling work and the care of an aging family member can be very demanding. Nearly 60% of caregivers work full time, and two-thirds of those employees need to make adjustments to their work routines. Working caregivers face numerous uncertainties and stresses. Employed caregivers can feel trapped between their caregiving responsibilities and demands of their job. This seminar addresses the following issues:

- What are important aspects for caregivers to understand about the aging process?
- What types of resources are available for working caregivers and how can you best utilize these supports?
- How can you develop strategies to effectively cope with multiple and conflicting demands, while still finding time for yourself?

The Sandwich Generation Seminar

Sixty-four percent of elder caregivers are working full or part-time. More than forty percent also care for children under 18. If you feel the pressure, this practical workshop is for you. And if this doesn't sound like you today, it might very soon. Plan ahead! Participants will:

- Learn ideas to help find balance, harmony, and success in both your personal and professional life
- Discover resources to support this challenging time of life



WELLBEING

Alternative Medicine Seminar

This seminar defines and describes the variety of modalities available beyond the doctor's office. Participants will take away knowledge about herbs, homeopathy, ayurveda, acupuncture, energy healing (reiki, shiatsu massage, etc.), and other mind-body techniques. Topics include:

- What is Alternative Medicine and how is it integrated with Western medicine
- Benefits and cautions in the use of alternative medicine
- Concept and balance of Chi (Life Energy)
- Discussion of Some Healing Modalities: Meditation, Acupuncture, Tai Chi, Yoga, Herbal medicine and supplements, Massage, Reiki

Alcohol and Drug Information Table

At this table you can talk with a Substance Abuse Specialist about services and resources for alcohol and drug related issues. Materials on the table include a selection of self-assessments and articles addressing how to talk to children about drugs and alcohol and how to understand sobriety, as well as information about treatment options - including AA, NA, Al-Anon, outpatient programs and private therapy.

The EAP provides information, consultation and referral on a variety of issues related to alcohol or drug dependency. The EAP is open to employees and household members and is provided free by your workplace. All services are strictly confidential.

Change or Rearrange: Feng Shui Seminar

Feng Shui is an ancient Chinese art of applying the principles of energy flow to improve every aspect of our lives. By using design elements and object placement to eliminate blocked energy, we can create a new balanced environment in which our life circumstances shift along with the energy and can realize our positive personal and career goals. In a one hour presentation, the speaker will cover the following topics:

- A brief history of Feng Shui
- A discussion of the Feng Shui energy map
- Suggestions on how to change the energy of our space
- Feng Shui and color
- Feng Shui and clutter
- What can be done with your personal space at home and in the office

Discover What's Next: Transitioning to Retirement Seminar - *NEW!*

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Not so long ago, people stopped working around age 65 and had a few good years of retirement. Now many people lead healthy, active lives into their 70s, 80s and 90s. The hallmark of “new retirement” is productive aging versus permanently being on vacation. This seminar will explore the myths and pitfalls of retirement, and help you identify your resources, options, and preferences for adapting a lifestyle that is positive, meaningful and realistic. Following the seminar participants will be better able to:

- Identify their hopes for and concerns about retirement
- Identify ways to have a fulfilling life in retirement, including volunteering, furthering education, traveling, and other activities
- Consider post-retirement work options such as part-time work and consultation

Innovative Thinking for Great Results Seminar - *NEW!*

What is innovative thinking? It’s the ability to see things in new ways, but also to know when the old ways are better. It’s brainstorming imaginatively but also planning pragmatically. It’s developing the flexibility to solve problems and be strategic. Following this seminar participants will be better able to:

- Define problems, goals, and potential obstacles to those goals
- Brainstorm potential ways to meet goals and problem-solve
- Evaluate options
- Plan and implement a strategy

Prevention is Key Seminar

A healthy lifestyle is all about making choices. This seminar will guide attendees along the path to wellness by covering the following:

- Important biometric screening numbers to know and interpret
- Critical preventive health screenings for men and women
- Why it’s important to have an annual physical exam
- How small changes in your lifestyle can have a big impact on your wellness

Although you cannot control your genetics, you can increase your chance of a healthy life by focusing on prevention and early detection. Learn how to improve these numbers through diet, exercise and stress reduction techniques.

Sleep Smart, Sleep Well Seminar

In this seminar participants will learn a number of techniques for creating good “sleep hygiene,” as well as tips on what to do when sleeping becomes an issue. This seminar covers:

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- Why sleep is important
- Common sleeping issues and disorders
- How to create good sleep hygiene
- What to do - and not do - on a sleepless night

Wellbeing Information Table

Come and learn about the EAP's Wellness Resources at a special EAP Information Table. You can talk with an EAP Consultant about a number of services to promote wellness. The table will be stocked with a selection of handouts and articles on stress management, health screenings, nutrition, fitness, and work life balance. The EAP provides information, consultation and referral on a variety of wellness issues. Topics include childcare, parenting, elder care, legal issues, time management, organizational skills, and financial issues.

WORKPLACE SURVIVAL SKILLS

Affinity Group Facilitated Discussion - *NEW!*

These seminars start with a brief presentation by a subject-matter expert who then facilitates a discussion among affinity group members for the remainder of the hour. Topics are chosen by the affinity group. Possible topics include career tips for women, gay and lesbian parenting, the transgendered / intergendered employee, Asian-Americans and western corporate cultures, navigating corporate life with a disability, supports for parents who have children with special needs, employees contemplating or in the process of divorce, single parent employees, etc.

Best Practices in Meeting Management Seminar

Tired of wasting your time at meetings that don't accomplish anything? Join us and learn ways to improve the effectiveness of your meetings. We will be discussing:

- The importance of a detailed agenda
- How to start meetings on time and keep them on track
- Basic meeting management tips

Clutter Management Information Table

Come and learn about the EAP's Clutter Management and Organizational Resources at a special EAP Information Table. You can talk with an EAP Clutter Management Consultant, learn about organizational services the EAP offers, choose from a selection of handouts and articles on topics of concern, and view samples of the kinds of resources the EAP provides to employees with clutter management needs.

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EAP Information Table

Looking for Childcare? Not sure how to solve a legal problem? Ready to put your finances in order? Come visit the EAP Table and find out how we can support you and your family. The EAP provides information, consultation and referral on a variety of issues. Topics include childcare, parenting, elder care, legal issues, time management, organizational skills, stress management tips, nutrition, fitness, work life balance, and financial issues, as well as research and referrals for a variety of services across the life span.

Sit and Fit: Exercise at Your Desk Seminar

Incorporating fitness into one's life can be challenging, but the rewards are abundant. Even at your desk you can stretch, strengthen and relieve stress with a few simple exercises. In this seminar you will learn:

- Seated exercises designed to strengthen and stretch major muscle groups
- How and when to take a “mini-break”
- How to relieve stress from repetitive movement, sitting, and gazing at a computer screen
- Strategies to stay motivated

Twenty Tips for Time Management Seminar

In this seminar participants will learn useful time management tips and explore some daily dilemmas faced in a fast-paced environment with multiple projects and pressures. Participants will:

- Review basic time management rules
- Learn techniques for setting priorities
- Discuss tools for managing multiple projects
- Assess your own personality strengths needed to manage multiple priorities

Work Life Balance / Integration Seminar

Do you have a balanced lifestyle? What are reasonable expectations for achieving work life balance? Come join a lively presentation and discussion that includes:

- Balanced Lifestyle Assessment
- Practical tips for improving work life balance/integration
- Ways to set realistic work life balance/integration goals

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Yoga at Your Desk Seminar

Working at computers or on a production line can shift us out of alignment, put undue strain on our bodies, cause repetitive stress injuries and contribute to increased stress on the job. By practicing a few chair, office or production floor poses throughout the day employees will find that yoga can reduce mental and physical stress by:

- Re-aligning and improving posture
- Easing strain from repetitive movements
- Calming the stress response

Yoga at work requires no special clothing or equipment and contributes to a healthier, happier you. The result? Increased productivity, creativity and employee engagement.



Cooking Demo

Come and sample a tasty and healthy meal at our Cooking Demo! Learn how easy and delicious healthy eating can be. Participants will:

- Receive the recipe, tips and suggestions on how to make these treats at home
- Learn about nutrition and weight management services through the EAP, which include a consultation with a staff nutritionist

Healthy eating is essential for maintaining good health and preventing some of the chronic diseases of our time, including heart disease, cancer, diabetes, and obesity. Employees are more interested in eating healthy foods but need some professional assistance in learning how to cook low fat, low calorie, and low sodium meals. The cooking demonstration features a chicken-vegetable stir-fry that the participants can sample as well as take a copy of the recipe (a vegetarian option is also available). One of the most valuable aspects of a healthy food demo is the opportunity to ask the nutrition expert questions, which employees are welcome to do.

Promotion: As with all wellness events, please use multiple means of communication to promote the program in advance: posters, announcements at meetings, e-mail, company newsletters. Promotion should begin well before the day of the event with a reminder the day of the event. Please emphasize that a nutrition expert will be there to answer any nutrition questions.

Room Set-up: The room selected for the event should be in a main traffic area, easily accessible to all employees. A table near an electrical outlet will be necessary for the nutritionist. There should be adequate wastebaskets for the participants to dispose of paper plates and forks after use. The chicken and vegetables are pre-cut and bagged and placed in a cooler with ice.

Scheduling: The best time to schedule a food demo is around the lunch hour from 11:30 to 1:30 pm. The nutritionist will prepare enough food to accommodate the number of employees stopping by for a food sample. Bon appétit!

Eat Right For Life Seminar - *NEW!*

It's so easy to eat badly. Grab a donut on the way to work. Scarf down some fast food for lunch. Eat a huge restaurant portion for dinner. This seminar focuses on choosing healthy, delicious food, reading food labels, determining reasonable portions, eating well even when time is tight, and recognizing the many benefits of eating a healthy, balanced diet. Following this seminar, participants will be better able to:

- Make smart food choices every day
- Get the most nutrition out of their calories
- Understand why diets often do not work
- Improve overall health and wellbeing

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Food and Mood Seminar

Food can feed the mind as well as the body. Learn how food can be "medicine" for wellbeing. In this seminar participants will:

- Discover which foods can raise and sustain energy levels, which foods are calming, and which foods can sap energy
- Learn the best times of day to eat certain kinds of food
- Review recipes for tasty snacks to carry you through the day

Healthy Eating on the Run Seminar

Yes, you can be busy and active and still eat well! In this seminar you'll learn:

- Which fast foods are healthy foods and which you should avoid
- How to choose and prepare healthy foods for busy times
- How to make food your friend

Packing a Healthy, Eco-Friendly Lunch Seminar

Looking for quick-fix healthy lunch tips? Tired of throwing away plastic and packaging? Find out how to conserve energy, reduce toxins, and pack a healthy, tasty lunch that gives you energy through the afternoon. In this seminar you'll learn:

- How to choose and prepare healthy lunches for busy times
- How to limit or recycle packaging and still keep food fresh
- Which fast foods are healthy and eco-friendly

Portion Distortion Seminar

Most people believe the kind of food we eat matters more than how much we eat. But new research on portion control says that's wrong. Come to this seminar and learn tips on how to limit portions to maintain or lose weight and still eat all the kinds of food you enjoy. Participants will:

- Learn the latest research on the brain and food portions
- Examine cultural and family beliefs about food
- Review portion guidelines and visual cues for meals, snacks and eating out.

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Simple Tips: Nutrition Information Table

Come visit this table where one of the EAP's nutrition specialists will answer your nutrition questions and provide handouts on healthy, nutrient dense snacks and meals for work, home, and travel. The EAP can also schedule private telephonic nutrition consultations addressing weight management, healthy diets, and disease prevention.

The EAP provides information, consultation and referral on a variety of issues related to stress, nutrition, and fitness. The EAP is open to employees and household members and includes telephone consultation with a fitness professional.

Twenty Power Foods to Stay Healthy Seminar

We know a good deal about vitamins, minerals, antioxidants, and all the other microscopic ingredients that make some foods better for you than others. Hidden beneath the otherwise ordinary surfaces of these everyday foods are agents of robust health. This seminar covers 20 supercharged foods that pay bigger benefits than you may have suspected. In this seminar participants will:

- Identify these colorful, nutrient-dense foods
- Learn how each food interacts in the body to boost immunity, ease symptoms of stress, and prevent chronic disease
- Explore recipes and resources to help you create delicious and nutritious meals



FITNESS

Get Started! Beginning an Exercise Plan Seminar

Are you ready to exercise but not sure how to begin and stay motivated? This seminar is for you! Participants will assess what they want out of an exercise program and then tailor their program to suit those goals. The seminar will cover:

- Benefits of Exercise
- Types of exercise (aerobic, strength and flexibility) and frequency, duration and intensity of each
- Breaking through exercise roadblocks
- Staying motivated
- Safety guidelines and resources
- Developing a Plan of Action

Keep it in the Family: Family Fitness Seminar

This seminar covers the benefits and special fitness needs of children, adults, and seniors. Regardless of age exercise helps lower risk factors for many chronic diseases, helps control weight and helps families feel vital. Participants will learn:

- Various types of exercise that build strength and muscle tone, develop flexibility and stimulate aerobic capacity
- Family-friendly exercises, games and activities that parents and elders can play with children to keep active and have fun

Fitness Information Table

Bring your fitness questions to an EAP sponsored Fitness Trainer at a special EAP Information Table. You can talk with the Fitness Trainer about your current

exercise program, your own personal barriers to fitness, and options for building a fitness plan for the future. The Fitness Trainer will also answer questions and make suggestions about proper warm up, stretching, improving balance, and forming basic fitness strategies. The table will be stocked with helpful information about fitness strategies and injury prevention.

The EAP provides information, consultation and referral on a variety of issues related to stress, nutrition, and fitness. The EAP is open to employees and household members and includes telephone consultation with a fitness professional.

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Good Health Jeopardy Game and Seminar

This interactive seminar combines fun with facts! Participants will test their knowledge of healthy foods and everyday exercise while learning tips and practical strategies for incorporating healthy eating and basic fitness into their lives. A question and answer period will follow the Jeopardy style game and lecture. Topics include:

- What is a Healthy Diet
- How to use the Food Pyramid
- Portion Distortion
- How to decipher a food label
- Components of an exercise program
- Exercises for any body to stretch and strengthen muscles

Introduction to Yoga Seminar

Yoga can develop strength, relaxation, and flexibility in your body and mind. As each person's physical and emotional nature is unique, participants will learn to adapt yoga techniques to suit his or her individual needs and goals. All levels of ability are welcome! In this series participants will explore:

- Yoga exercises designed to gently engage muscle groups and joints
- Breathing techniques to manage stress and create a calm mind
- "Mini" exercises easily performed at your desk, office or production line to ease strain from repetitive movements and re-align posture

In this session the instructor will lead the group in some basic yoga positions. Please wear loose, comfortable clothes and bring either a large towel, exercise mat or yoga mat. Please move furniture to the side, as this is a floor yoga class. Come to the introductory class and take a break to release stress, improve productivity, and enhance creativity in your life!

Staying Younger Longer Seminar - *NEW!*

You can't stop the years from going by, but there are things you can do to lessen the effects of aging. Through exercise, diet, keeping your mind active, and staying involved in the world, you can enhance your chances of living energetically, contentedly, and possibly longer. At the end of this seminar participants will be better able to:

- Choose foods to enhance their energy and fight disease
- Integrate exercise into their daily lives
- Make healthy lifestyle choices

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Thirty Minute Express Workout

Try this thirty minute “boot camp” and get a sampling of stretching, strengthening and aerobic exercise to give you a boost for the afternoon. All levels of fitness are welcome; the instructor will adapt each exercise to suit participants’ needs and fitness ability. Participants will:

- Sample an exercise plan that they can replicate at home using everyday objects and their own body weight to stay fit
- Take home written tips and suggestions for continuing the practice at home or at work

This seminar can be expanded into a six-week or ongoing regular boot camp for interested employees.

The Twenty Minute Tai Chi Workout Seminar

Tai Chi is an ancient Chinese form of mind/body exercise characterized by its slow-motion movement. Tai Chi has become widely recognized for its many health benefits. These benefits include:

- Improved balance, flexibility and posture
- Improved fine and gross motor skills
- Increased strength
- A renewed sense of mind/body integration

Tai Chi is a true meditation in motion that affords us an oasis from the stressful demands of modern life, as well as a reliable means of getting in touch with our inner selves. As part of the seminar, the instructor will have the participants experience some basic Tai Chi exercises. Please wear loose fitting clothes and move furniture to the side of the room.