

WCS SEMINARS & WORKSHOPS

WCS provides seminars on a variety of topics and issues including the essential components of wellness. Nutrition, stress management and fitness seminars are broad topics that can be incorporated into many facets of the workplace.

HEALTHY COOKING SEMINAR

Heart healthy eating is an important way to prevent disease. Most people do not realize that it does not take a lot of time or effort to cook a healthy meal. Join a chef for a one hour cooking demonstration about how to make and prepare healthier foods. Participants will receive valuable information about cooking at home and also sample everything that is made. Food is healthy, organic and delicious!

THE MULTI VITAMIN MAZE; GET SUPPLEMENT SAVVY

Shopping for a multivitamin is like trying to hit a moving target. Each supplement has at least 20 – 50 ingredients! You could get a migraine trying to figure out which or what ingredients are right for you. In addition, how are you supposed to know if you need herbs or digestive enzymes? This seminar will guide you through the multivitamin maze. It will cut through the hype, toss out the overpriced shams, and home in on vitamins that are actually valuable for your health.

SURVIVE AND THRIVE IN AN OFFICE ENVIRONMENT!

The waistlines of Americans are growing at an alarming rate. Over 70% of the population is overweight and at increased risk of disease. Learn the basics of healthy eating and see how your own diet stacks up at the office. Learn if you suffer from "portion distortion". Get ideas for which snacks will help keep you energized throughout the day. Learn how much is too much salt, sugar, fat or caffeine. Find out about fiber and where you can get enough. Learn about the many ethnic cuisines you can enjoy with fewer calories and less fat. An introductory must for any fulltime, busy employee.

LOVE YOUR HEART! PLAY THE CARDIAC TRIVIA GAME!

Do you think you know what it takes to keep your heart healthy? Join us for a fun game of cardiac trivia and learn about fiber, sodium, food labels, and the DASH Diet. Winner gets a prize! This is a great seminar for anyone with a family history of heart disease and/or interested in improving their diet and overall health!

ESPECIALLY FOR WOMEN, POWER NUTRITION

Do you think men and women have different nutritional needs? Do you think what you eat affects your health and risk for certain illness? This presentation covers some of the most common health issues for women today. Participants will learn how what they eat (and drink) can increase or lower their risks for many health conditions.

MEDITERRANEAN DELIGHTS COOKING DEMONSTRATION

Discover the simplicity and beauty of the sun-drenched Mediterranean diet. Watch a food demo and learn how to quickly prepare a rainbow of local fresh produce, seafood, legumes, free-range poultry, nuts, seeds, pro-biotic yogurt, cheese, whole grains, dried fruits and most of all olive oil! You will leave this lunch feeling healthy, energetic, satisfied and ready for more!

SLIM PICKINGS! HOW TO NAVIGATE A FAST FOOD WORLD!

Food Trends, what are they and how are our bodies paying for the cost of convenience? This seminar is a discussion about the high health cost of a nation bombarded with junk food consisting of sugar, refined flour, salt, additives, and saturated fat. It is a great wake up call to remind participants "we are what we eat" and how to heal our bodies with power eating for mind, body and spirit.

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INTUITIVE EATING: A NEW WAY TO APPROACH FOOD

We've all been there – angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you. It's dieting, with its emphasis on rules and regulations, which has stopped you from listening to your body. Our Intuitive Eating Seminar is a new food approach that focuses on listening to what your body is telling you. It is both sound and supportive, encourages natural weight loss, and helps you find the weight you were meant to be.

CONTROLLING CHOLESTEROL FOR DUMMIES!

Need to get your cholesterol in check? This easy-to-follow seminar is based on the book "Controlling Cholesterol for Dummies" and is packed with effective solutions from following a low fat diet to choosing an exercise regimen. You will discover the difference between "good" and "bad" cholesterol, how to rate your risk of heart disease, and ways to cut cholesterol through prescription medications, vitamins, and supplements.

VIRTUAL SUPER MARKET TOUR

This new presentation provides a realistic Aisle-by-Aisle Supermarket tour without stepping foot into the store! Topics covered include everything from label reading to food safety; organic foods, trans fats, tips on selecting cheese, milk, meat, cereals, produce, dressings, pastas, healthy snacks and many more.

FOOD LABEL SAVVY; UNDERSTAND WHAT YOU'RE EATING!

Reading nutrition facts labels on food packaging can seem like gobbledygook. What are they based on? What do they tell us? This seminar dissects the food label to review the basics on fats, protein, vitamins and minerals, serving size, calories, percent daily value, cholesterol, sodium, total carbohydrates, sugars, and Trans fat. Also find out about what confusing health claims really mean. Is a food low fat, reduced fat, fat free, light or lean? A must for anyone trying to make healthy choices for themselves or their family!

SKINNY ON FAT BURNERS

Struggling to lose weight? You're not alone. And the supplement industry is more than willing to provide supplements and "natural" ingredients to help make your war on weight faster and easier. These products offer amazing claims, no prescriptions needed, and lots of choices. Cruise any store that sells supplements and you'll see fat burners, fat blockers, and metabolism boosters. These products are flying off the shelves as Americans eagerly buy into these quick and easy weight loss claims. But do fat-burners really help you shed the pounds? This seminar is a must for anyone trying to lose weight with supplements.

HEALTHY MEALS IN 30 MINUTES OR LESS

Are you hungry for everyday meals that are quick, easy, healthy, and taste great? If so, our Quick Healthy Meals Seminar offers a realistic approach to total health and wellness recipes. The safe, practical food solutions have been designed by a pair of registered dietitians--and tested and approved by their families and friends!

FOOD/MOOD CONNECTION

What is your relationship to food? Do you have strong cravings and/or feel fatigued at certain times of the day? Does that latte and chocolate candy bar seem irresistible at 3:00pm? Food/Mood will teach you how emotions, neurotransmitters, hormones and fatigue may affect food choices. Learn the link

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between food, stress and cravings and practical tips on making small changes in your diet that can have a significant impact on how you feel.

GASTRIC BYPASS SURGERY

When we hear all the success stories of the gastric bypass, it sounds so easy. One pricey operation and the pounds just fly off! Right? Not quite. Gastric bypass surgery is a big lifestyle change which includes diet and exercise. This seminar will inform you of the risks, benefits, and long term involved in gastric bypass surgery.

HOLIDAY EATING STRATEGIES

Want to keep those pounds off this holiday season? This holiday strategy seminar will prepare you to keep your waistline in check from Thanksgiving to New Years. Learn to avoid common pitfalls that lead to holiday weight gain and discover how to incorporate changes into your holiday routine that will prevent the all-too-familiar "holiday bulge".

TARGETING CANCER: AN ACTION PLAN FOR CANCER PREVENTION

Did you know you can eat and exercise your way to better health? Did you know that what you eat (or don't eat) and how active you are can influence your risk of developing cancer? Learn about the best ways to reduce your risk through simple lifestyles changes and screenings that are available based on age, gender, and ethnicity. Join us for an update on active living strategies that will empower you to reduce your risk for disease.

NUTRITION AND EXERCISE FOR WELLNESS

Learn how to set realistic food and exercise goals and how to incorporate new behaviors into everyday life. Go through recommendations with a registered dietitian and learn about common pitfalls that can keep you from reaching your goals.

NUTRITION "MYTH BUSTERS"

Need help shifting through the clutter of nutrition "knowledge" out there today? We focus on correcting the misinformation while explaining the truth behind the myths and misunderstandings.

DASH FOR HEALTH

Find out how your eating habits can help prevent disease! Learn about the DASH diet and its evidence for lowering blood pressure and cholesterol. We'll discuss the important characteristics and work as a group to figure out how to fit DASH friendly foods into our daily menus.

SUPPLEMENTS – THE GOOD, THE BAD & THE UGLY

There are tons of supplements out there and how are we supposed to figure out which ones we should be taking? Learn the key vitamins and supplements that can have positive effects on your health.

HEALTHY EATING TO PREVENT DIABETES

The number of Americans living with pre-diabetes is astonishing – 56 million! This has become a silent epidemic. Join us to learn about pre-diabetes, diabetes and metabolic syndrome. We'll discuss how eat healthy now to control blood sugars and prevent diabetes.

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FITNESS SEMINARS

We also provide a variety of fitness seminars including:

- Get Fit! What's in it for you?
- Aerobic Basics: Burn an extra 100 calories per day!
- Self Defense: Safety Guidelines for Keeping Safe in Everyday Life
- Walk Your Way to Fitness: Everything You Need to Achieve Your Walking Goals!
- Exercise and Blood Sugar Monitoring
- Fit Over Forty: Which Exercises are Best?
- Exercising with Osteoporosis – How to Prevent Injuries
- Core Conditioning: Pilates, the Ball and Floor Exercises
- Endurance Sports – How to Train
- Yoga: Flexibility, Balance and Strength
- Meditation for Relaxation
- Sit & Fit at your Desk
- Finding the Motivation to Get Moving
- Walk Your Way to Fitness: Everything You Need to Achieve Your Walking Goals!
- Strength Training

STRESS MANAGEMENT SEMINARS

WCS has created interactive seminars to help employees identify their own particular stressors, practice different relaxation techniques, and use preventative stress management skills.

- Understanding the Stress Response and Practicing Management Techniques
- Managing your Emotions at Work
- Self-talk and the Stress Relationship
- Cognitive Restructuring – what is it and how can it help me?
- The Stress Response and Weight Gain – how to control it!
- Balancing Work and Family
- Methods of relaxation
- Effectively Dealing with Critical Incidents: Preparing For--and Responding to--Traumatic Events (workplace trauma; accidents; natural and human-induced disasters, terrorists threats/incidents)
- Home Along Kids: Getting Ready & Staying Safe
- Appreciating Diversity in the Workplace
- Communication-Skill-Building
- Introduction to Type: A Guide to the Myers Briggs Type Inventory
- Team-building
- Taking Charge of Your Time (Time Management)
- Negotiating to Win-Win: Dealing with Conflict in the Workplace
- Breath Free: An Introduction to Effective Smoking Cessation Techniques
- Transitions in the Workplace: Coping With Change

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