

Wednesday Wellness Webinars

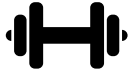
Readiness for a Healthy Change

Wednesday April 19, 2023

9:30am-10:30am or 4:00pm-5:00pm



It's not easy to make a healthy change, and it can be even harder to stick with it. Participants will learn strategies for success – how to prepare for, make and maintain a healthy change.



Fitness: Putting Your Health First

Wednesday April 26, 2023

9:30am-10:30am or 4:00pm-5:00pm

Daily exercise plays a key role in maintaining good health and managing weight. Exercise also assists in stress reduction and promotes health sleep and increases feelings of well-being. This workshop will focus on fitness and exercise and help participants develop a workout plan.

Relaxation Strategies for Managing Stress

Wednesday May 3, 2023

9:30am-10:30am or 4:00pm-5:00pm



Relaxation is about more than peace of mind. Relaxation helps you cope with everyday strains and decreased the effects of stress on your mind and body. Basic relaxation techniques are easy to learn and easy to use. Many techniques are simple, quick and can be done just about anywhere. Explore the use of relaxation techniques to de-stress your life and improve your health.



Mindfulness for Beginners

Wednesday May 10, 2023

9:30am-10:30am or 4:00pm-5:00pm

The popularity of mindfulness is growing. Increasing numbers of individuals are finding mindfulness practices to be helpful in learning how to slow down, cope with anxiety and worry and feel a greater sense of calm and connection in their busy fast-paced lives. This program provides information about the benefits of mindfulness practices as well as the opportunity to participate in several mindfulness activities.

Self-Care: The Care and Keeping of You

Wednesday May 17, 2023

9:30am-10:30am or 4:00pm-5:00pm



In today's fast-paced world with its many competing demands, taking care of oneself often takes a back burner. Many Americans believe they don't have time for self-care activities; meanwhile their physical, mental, and emotional health many suffer. Learning ways to incorporate simple self-care activities into our daily lives doesn't have to be complicated, and it could go a long way in promoting our health and happiness.



Email Memberservices@nbsia.org to register

All Sessions will be live held via Zoom

