Featured Series Programs

**All Series Programs Include:**
- A resource guide and recipes
- Interactive activities to reinforce the teachings.
- SMART goal setting to help the participants make sustainable change.
- Support emails between workshops to keep the participant focused and engaged.

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**The Joys of Caring for Health**

- **Week 1:** Movement, Stress and Brain Health
- **Week 2:** Food Choices and Sugar
- **Week 3:** Portion Control and Fasting
- **Week 4:** Delicious & Nutritious Eating on a Budget
- **Week 5:** Quick Cook Strategies
- **Week 6:** Trouble Shooting and Practicing through a Potluck

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**Keeping our Ohana Healthy**

- **Approaches for adults and keiki alike.**

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**Pre-Diabetes Reversal**

- **Week 1:** Food Choices and Eating in Balance
- **Week 2:** Building a Meal and Eating in Balance
- **Week 3:** Fasting to Benefit Blood Sugar Control
- **Week 4:** Exercise and Stress

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**Blood Pressure Management**

- **Week 1:** Food Choices and Eating in Balance
- **Week 2:** Building a Meal and Eating in Balance
- **Week 3:** Fasting to Benefit Blood Pressure
- **Week 4:** Exercise and Stress

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**Handling Triglycerides**

- **Week 1:** Food Choices and Eating in Balance
- **Week 2:** Building a Meal and Eating in Balance
- **Week 3:** Fasting to Benefit Triglyceride Control
- **Week 4:** Exercise and Stress

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**Fasting for Health**

- **Week 1:** Clean Eating and Portions When Not Fasting
- **Week 2:** Fasting from Certain Foods
- **Week 3:** Timed Fasting and Effects of Stress
- **Week 4:** Other Types of Fasting and Chronic Disease Prevention
Individual Wellness Workshops

These individual wellness workshops provide an overview of the topic as well as practical tips.

The First Step
This is our flagship workshop as it encompasses many of the concepts that our other workshops explore in greater detail.

The Joy of Eating While Caring for Health
We hear it all the time...healthy food doesn’t taste good. However, healthy food does not need to taste like a cardboard box! You do not need to give up the foods you enjoy for the sake of healthy eating. During this workshop, the participant will learn ways to care for the health of themselves and their family while being respectful of one’s culture and without being on a restrictive, tasteless diet. This session will discuss techniques for shopping, preparing and eating foods for weight loss/management and chronic disease prevention.

Sustainable Steps for Day-to-Day Wellness
These can be stand-alone sessions, but we do encourage them to occur after participating in our flagship workshop featured above.

Enjoying Every Bite
Many feel powerless when it comes to handling food cravings. This workshop will provide us ways to conquer those killer cravings and create peace around our food. The participant will also learn ways to control portions while eating, and especially when it comes to the foods they love. Less truly does equal more.

Stressed Out?
YIKES! Stress can have quite an impact on our current and long-term health. Join us, as the first portion of this workshop will stress us out as we learn what stress does to our bodies, but then we will calm ourselves by discussing practical ways to manage it.

Let’s Move!
Daily exercise is an integral part to one’s overall health. However, it can be difficult to complete what exercise is being marketed as. The opportunities are there! Join us as we explore ways to make it happen! This session will highlight everyday attainable exercises; which will keep our metabolism up and benefit us in chronic disease prevention/management as well as weight control.
Fasting is Fantastic
Fasting is a hot topic these days. Yet how does this very ancient practice have benefit on our modern-day health? There are many ways to fast, and there is benefit in its practice for the management of chronic diseases such as diabetes and heart disease as well as healing the earth! In this workshop we will discuss how to properly and healthfully fast to benefit one’s personal health. And we will be blown away on how this approach to eating in turn heals our environment.

Time and Money Savers

Delicious and Nutritious Eating on a Budget
Healthy eating can help with weight management and chronic disease prevention but does not need to cost a fortune. We explore cost-effective ways to shop and prepare meals that are nutritious and delicious on a fixed budget.

Preparing, Quick, Healthy Meals
We are all short on time these days. We discuss ways to get a nutritious and delicious meal on the table in a short amount of time, without leaning towards the unhealthy convenience foods.

Chronic Disease Prevention & Management

Boosting Our Brain Health
Early onset of dementia is on the rise. What can we do through lifestyle practices to help in keeping our brain in tip-top shape? Join us to learn more.

Delectable Diabetic Management
Often one might feel as if they are on a restrictive diet. In this workshop, the participants will learn ways to manage their diabetes through simple shopping, cooking, and eating techniques; And walk away with practical tips to apply in their everyday life while still enjoying the foods they love.

Building Better Bones
In this workshop the participant will learn how to prevent osteoporosis and keep their bones healthy in the long-term. They will learn what foods to consume and how to consume them. In addition, we will discuss what types of exercise are especially good for bone structure, and we will learn about other lifestyle practices that can negatively impact bone structure.

Controlling Cholesterol and Triglycerides
Lifestyle behaviors can have a big impact on our blood lipid profile. In this workshop the participant will learn ways to shop and cook to help our blood lipids: all while still enjoying the foods they love.
Please Note:

- These are just a sample of individual workshops that can be offered. We can discuss more topics that may better serve your needs.
- These workshops are kept to one hour in length with time for questions and answers.
- Retreat style workshops are offered which can be up to four hours in length.
- Home-based Wellness Workshops: In the comfort of your own home we bring the Wellness Workshops to you! Gather some family and friend and everyone is encouraged to bring food and beverages to enjoy as the workshop is taking place.
- Please contact us for availability and cost.
- The money generated from these workshops goes to the operating costs of Moon Gardens and allows us to create more programs to grow and serve our community.

Tabling:

We offer snip-it’s of our Wellness Workshops through interactive health education tabling, at community events, worksites, etc.

A highlighted table topic is: Sustainable Eating for the Individual and the Environment. This interactive educational table features food choices and portion control; all the while providing practical solutions to reduce single use plastics and unnecessary waste that is sometimes a part of our eating process.

Worksite Makeovers:

People spend the majority of their days at work; this program allows for worksites to become a place that supports one’s overall wellness. By enhancing your worksite environment to become a place that nourishes health, you can have a direct impact on your employees’ day to day well-being.

Moon Gardens will visit your worksite and do an assessment. Based on our observations gathered, we will help you implement realistic changes, enhancements and strategies to make your worksite a place that incorporates fun and engaging wellness practices.

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