



## Individual Wellness Workshops

### **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**

“Healthy food doesn’t taste good”, we hear this all the time. However, healthy food does not need to taste like a cardboard box! You do not need to give up foods you enjoy for the sake of healthy eating. The participant will learn ways to care for the health of themselves and their family while celebrating their cultural traditions; all this without being on a restrictive, tasteless diet. Tips for shopping, preparing and eating foods for weight loss/management and chronic disease prevention are highlighted.

### **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.

### **Understanding Carbohydrates, Proteins and Fats**

Food in balance is medicine! You do not have to completely give up meat, carbs or foods you enjoy for the sake of health; instead you need to create a rhythm with eating. This workshop explores carbohydrates, protein and fat and how we need to balance them to be our medicines.

### **Enjoying Every Bite**

Many feel powerless when it comes to controlling portions consumed. The participant will learn ways to control portions, especially when it comes to the foods they love. Less truly does equal more.

### **Stomping Out Stress**

Stress can have an impact on our current and long-term health. In the first portion of the workshop, we discuss how stress affects the body then we end it with fun and practical ways to manage it.

### **Let’s Move!**

Daily exercise is an integral part to one’s overall health. Join us as we explore ways to make it happen! This session highlights everyday attainable exercises, which keep our metabolism up and benefit us in chronic disease prevention/management as well as weight control. You may be pleasantly surprised with how possible it is to make movement regularly happen!



## **Fasting is Fantastic**

Fasting is a hot topic these days. How does this ancient practice benefit our modern-day health? There are many ways to fast, and there is benefit in its practice for chronic diseases such as diabetes and heart disease. In this workshop we discuss how to healthfully fast to benefit one's personal health.

## **A Healthy Twist on da Local Favorites**

We all know, there are many local dishes! Approaching them through balance and ingredients used is key. This workshop puts a healthy twist—and approach—on local dishes without compromising the taste.

## **Time and Money Savers**

### **Delicious and Nutritious Eating on a Budget**

Healthy eating helps with weight management and chronic disease prevention but does not need to cost a fortune. Join us, as we explore cost-effective ways to shop and prepare nutritious and delicious meals.

### **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 dietary and lifestyle practices to help in keeping our brain in tip-top shape? Join us to learn more.

### **Preventing and Reversing Type 2 Diabetes**

When one tries to prevent or manage diabetes, they may feel as if they're on a restrictive diet. In this workshop, the participant learns ways to prevent/reverse type 2 diabetes through shopping, cooking, and eating techniques. Walk away with tips to apply to everyday life while still eating the foods you enjoy.

### **Building Better Bones (Coming Soon)**

In this workshop the participant will learn how to prevent osteoporosis and keep their bones healthy in the long-term. We will discuss food choices and exercises are especially good for bone structure. In addition, we will learn about lifestyle practices that can negatively impact bone structure.

### **Controlling Cholesterol and Triglycerides (Coming Soon)**

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
- The Wellness Workshops can also be done in a series format.
- 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.
- Please contact us for availability and cost.

## One on One Health Coaching (On hold due to COVID-19 Pandemic)

Upon completion of The Joy and Health of Eating workshop, a registered dietician will come to your worksite and meet with people to have one face-to-face 20-minute session to set a health goal. Dietician will follow-up via phone with a 15-minute health coaching call.

## Tabling (On hold due to COVID-19 Pandemic)

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.

Thank you for reviewing our programming. Please be in touch with any questions.

The money generated from these programs goes towards the operating costs of Moon Gardens and allows us to create more programs to grow and serve our community.