

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

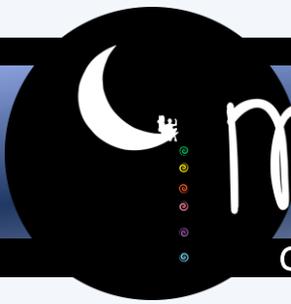
Many feel powerless when it comes to controlling portions consumed. The participant will learn ways to control portions, especially when it comes to the foods they love. Less truly does equal more.

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.

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.

Series Programs

Making Your Moments Healthier

A five-week series that includes these topics, food choices, portions, fasting, movement, and stress.

Reversing, Preventing and/or Managing Type 2 Diabetes

A four-week program involving food choices and portions, movement, and stress.

Fasting as a Way of Life

A four-week program exploring how to make fasting a way of life.