



Wellness Lunch and Learns!

2019

The Journey to Wellness: One Step at a Time

Thursday April 25: 1200-1300
Mohawk Classroom 1

This session will examine what wellness means and provides simple steps to help participants set their own health goals and keep them on track for achieving their personal definitions of wellness.

Managing your Time and Energy

Thursday May 30: 1200-1300
Mohawk Classroom 1

Time is a precious resource. The phrase “time = money” is certainly true in a business setting. Individuals require balance in their work lives so that they can meet both their job requirements and personal needs. Is it possible to manage time at work to be both satisfied and successful? This session will explore answers to this question.

Establishing Work/Life Harmony

Thursday August 29: 1200-1300
Mohawk Classroom 1

Many of us feel overwhelmed by competing work and family demands. This session helps participants identify their key work/life stressors, clarify their values and develop skills and strategies to effectively prioritize their time and energy.

The Science of Happiness

Thursday September 26: 1200-1300
Mohawk Classroom 1

Scientific studies have shown that 50% of our individual differences in happiness are determined by our genes, 10% by our life circumstances, and 40% by our intentional activities. This one-hour session will introduce participants to some of the research-based “happy habits” they can adopt to increase their levels of happiness and well-being.

The Art of Relaxation

Thursday November 28: 1200-1300
Mohawk Classroom 1

Today's life is fast-paced and leaves little time to relax and decompress. Greater pressure is being put on all of us to do more. The result is that many of us have lost the ability simply take care of ourselves. This session will explore personal stress triggers and review some practical, easy techniques to make brief relaxation moments a natural part of everyday life.

A stylized, colorful illustration of a landscape. The foreground features rolling green hills with dark brown soil. On the left, there is a green tree, a purple flower, and an orange flower. A small red bird is flying in the sky. The background consists of layered, wavy blue and white shapes representing hills or clouds.

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to help us plan for 2020
sessions!