

WORKSHOPS & SEMINARS

Stress Mastery: Creating Resilience

This is a rich, self-discovery learning experience that touches people personally and professionally. It is insightful, fun and engaging to collaborate with peers across disciplines and share unique coping strategies. Many participants in the program express feeling empowered by discovering their individual coping strengths. Such learning has helped them deal with increasingly difficult and demanding work pressures.

Are You Sitting Yourself to Death?

We sit too long and move too little. People at work need to get off their butts and move! Even those with hip and knee problems will benefit from our experiential *easy-to-do* workplace programs.

Understanding and Managing Difficult Employees

Human resource professionals will benefit through learning strategies and tools to manage workplace interactions and communicate appropriately under pressure.

Eating Right for Life

This one-hour seminar provides practical strategies to balance good nutrition and physical activity. The program will help employees make smart food choices every day and derive the most nutrition out of their calories. While this is not a weight loss program, it prevents cardiovascular disease by reducing cholesterol, high blood pressure and excess body weight.

FitWalk

A unique, 30-minute walk will potentially burn 300 calories, simply by walking! You will take off pounds at a healthy rate without going to the gym. You will gain aerobic endurance and whole body fitness. FitWalk combines Qi Gong movements for the upper body while you are walking and enjoying the outdoors.

Claire Cohn, Principal of On Your Feet Wellness, has been a Qi Gong instructor for 10 years, works with Kaiser members, clinicians and patients struggling with stress and chronic illness. She is a licensed psychomotor therapist, health educator, and organization consultant and has successfully trained hundreds of clients in work related stress management.

Mindful Meditation and Relaxation Training

A 30- to 45-minute class to reduce tension, improve concentration and give your mind and body a break from daily pressures.

Qi Gong Meditative Movement Class

This is a 45-minute mindful movement class that will increase energy, improve balance and create a sense of inner calm.

Posture Assessment and Spine Clinic

A personal clinic to correct poor posture that will eliminate stress and tension from your muscles and joints. Postural exercises will make you look and feel better immediately. This relaxing class leads students through *passive exercises* and movement that require the least amount of muscular effort. Each class builds individual *muscle memory* so that your body learns to move without undue tension.

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