

# WELLNESS SEMINARS



The Y offers a variety of educational & interactive wellness seminars to engage and educate your employees on a variety of health & wellness topics. Seminars can be virtual or in-person and are between 45-60 minutes in length, including time for Q & A at the end of the seminar.

**Introductory Seminars: \$400/Session**  
**Corporate Member Rate: \$250/Session**

## MINDFULNESS IN THE WORKPLACE

Learn how mindfulness can help create a thriving modern workplace in this introductory workshop. This engaging workshop will help your team understand the power of mindfulness and experience it first-hand. Research shows that mindfulness can reduce stress, improve cognitive functioning & increase resilience. Workplace benefits include increased productivity, creativity and team work. This workshop includes a guided mindfulness practice, lecture on the science and benefits, actionable tips and time for Q & A.

## MOBILITY FOR MOVEMENT

Mobility is the ability of a joint to move actively through a range of motion. This interactive seminar will take you through a variety of movements and exercises to increase range of motion, improve circulation, posture & strength all while avoiding injury. Focusing on some of the most common areas on the body where issues arise, we hope to leave the participant with some takeaway exercises and information they can integrate into their daily routine for improved overall wellness.

## 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!

## FIT IN MINUTES

Exercise is one of the most valuable undertakings one could do to improve/maintain health but many of us just can't find the time. What if you had a plan for exercise that you could do anywhere in just a few minutes a day, in just about any space with just your body weight or tools you have within reach? What if I told you that for every minute you spend exercising you gain more time on this earth? It's true! According to Harvard Health Publishing 2013 accumulating "as little as 15 minutes of physical activity a day can increase your lifespan by as much as three years! This program will provide you with the tools to improve your health and quality of life in a matter of minutes at work, at home or even traveling.

## THE JOY OF EATING WHILE CARING FOR HEALTH

"Healthy food doesn't taste good", we hear this all the time! You do not need to give up foods you enjoy for the sake of healthy eating. Participants 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.



## Introductory Seminars:

### CREATING A HEALTHY HOME ENVIRONMENT

Home is where health is, it all starts here! In this workshop we discuss practical ways to make your home life and environment a healthy place to live without it being a burden on enjoyment, culture and lifestyle.

### 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.

### 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.

### UNDERSTANDING CARBOHYDRATES, PROTEINS & 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!

### HANDLING YOUR SWEET TOOTH

Life is sweeter with sugar. So how do we have it in a proper context? That is what this workshop is all about.

## WELLNESS EDUCATORS:



### Rita Madden, MPH, RDN

Rita holds a Masters in Public Health from Loma Linda University and is a Registered Dietitian. She has been working as a Dietician since 2000 and locally conducts workshops to help people develop a joyful relationship with food & health.



### Noah Pomeroy, CMT-P

As an IMTA Certified Professional Mindfulness Teacher, Noah teaches courses for UCLA's Mindful Awareness Research Center and helps organizations and individuals enhance well-being & effectiveness with mindfulness training.



### Keone Kaiser, CSCS

Keone holds a Masters in Sport & Exercise from Auckland University of Technology. He is a Certified Strength & Conditioning Specialist through the NSCA and has been a trainer with the Y for 6+ years.



### Cindy Carvalho, CPT

Cindy has a BS in Exercise Science & Lifestyle Management from UH Manoa. She is an ACE Certified Medical Exercise Specialist and holds multiple certifications in other health and fitness specialties.

To book a Wellness Seminar for your organization, please contact Jenny Ostlind, Membership & Healthy Lifestyles Program Executive at [jostlind@ymcahonolulu.org](mailto:jostlind@ymcahonolulu.org) or call 808.678.4274.



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