

## Behavioral Health

Shontée Williams, LCSW

### Workshops

- 1/11 (12:30 pm-1:30 pm) Ringing in the New Year While Supporting Mental Wellness
- 1/25 (12:30 pm-1:30 pm) Ringing in the New Year While Supporting Mental Wellness
- 2/6 (11:30 am – 12:30 pm) All About Stress and Stress Management
- 3/8 (12:00 pm – 1:00 pm) Food and Mental Wellness
- 4/5 (12:30 pm – 1:30 pm) Mindfulness & Meditation
- 4/18 (12:30 pm – 1:30 pm) Mindfulness & Meditation
- 5/11 (12:00 pm – 1:00 pm) Exercising our Bodies and Brains
- 5/24 (12:00 pm – 1:00 pm) Exercising our Bodies and Brains
- 6/13 (12:30 pm – 1:30 pm) Mental Wellness and the Workplace
- 7/12 (11:30 am – 12:30 pm) Holistic Wellness and Mental Health
- 8/18 (12:00 pm – 1:00 pm) Alcohol and Substance Use and Mental Wellbeing
- 9/25 (12:30 pm – 1:30 pm) Understanding Anxiety and Depression
- 10/12 (12:30 pm – 1:30 pm) Understanding Grief and Loss
- 10/24 (12:30 pm – 1:30 pm) Understanding Grief and Loss
- 11/02 (12:00 pm – 1:00 pm) Managing Holiday Stress and Wellness
- 11/07 (12:00 pm – 1:00 pm) Managing Holiday Stress and Wellness
- 12/08 (11:30 am – 12:30 pm) Self Care
- 12/13 (12:30 pm – 1:30) pm Self Care

## Wellness Coaching

Hannah-Marie Strach, Wellness Coach

### Programs/Workshops

**Mindfulness Program** (Consists of 4 classes)

5/5, 5/12, 5/19, & 5/26 from 09:00am-10:00am

### **Weekly Meditation Sessions:**

Month	Day	Time
January	Mon	2:00 – 2:15 pm
February	Fri	12:30 – 12:45 pm
March	Wed	08:00 – 08:15 am
April	Thurs	3:00 – 3:15 pm
May	Tues	11:30 – 11:45 am
June	Mon	10:00 – 10:15 am

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July	Fri	1:30 – 1:45 pm
August	Thurs	09:00 – 09:15 am
September	Tues	4:00 – 4:15 pm
October	Wed	12:00 – 12:15 pm
November	Mon	07:45 – 08:00 am
December	Thurs	12:30 – 12:45 pm

### Workshops

4/19 (10:00 am - 11:00 am)- Journaling and Mindful Writing

4/26 (10:00 am – 11:00 am)- Journaling and Mindful Writing

6/8 (2:00 pm-3:15 pm)- Get Fit at Work (Workshop and Exercise Demo)

6/15 (2:00 pm – 3:15 pm)- Get Fit at Work (Workshop and Exercise Demo)

### SPRING INTO EXERCISE -

#### **MAY (3, 10, 17, 24) – Swinburne in person class**

TIME: 7:15 - 7:55 A.M (5 MIN WARMUP/DEMO -> 30 MIN WORKOUT -> 5 MIN COOL DOWN)

#### **MAY (4, 11, 18, 25) – Downtown in person class**

TIME: 11:15am – 12pm (5 MIN WARMUP/DEMO -> 30 MIN WORKOUT -> 5 MIN COOL DOWN)

#### **June (5, 12) – Swinburne in person class**

TIME: 7:15 - 7:55 A.M (5 MIN WARMUP/DEMO -> 30 MIN WORKOUT -> 5 MIN COOL DOWN)

#### **June (1, 8, 15, 22)– Downtown in person class**

TIME: 11:15am – 12pm (5 MIN WARMUP/DEMO -> 30 MIN WORKOUT -> 5 MIN COOL DOWN)

### New Year New You-

- **Program Offering #1**
  - Pre-Assessment Biometrics
    - 01/23/23 – 01/03/23 7:30am – 12pm daily (Monday - Friday)
- Virtual Group Classes/Workshops (Total of 8)
  - Feb 9, 16 23, March 2, 9, 16, 23, 30
  - Time: 10am -11:15am

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- Post-Assessment Biometrics
  - 04/03/23 – 04/14/23 07:30am – 12:00pm daily (Monday - Friday)
    - *Holiday 4/7- no appointments to be scheduled that date*
- **Program Offering #2**
  - Pre-Assessment Biometrics
    - 06/26/23 – 07/07/23 07:30am – 12:00pm daily (Monday - Friday)
- Virtual Group Classes/Workshops (Total of 8)
  - July 11, 18, 25, August 1, 8, 15, 22, 29
  - Time: 1pm -2:15pm
- Post-Assessment Biometrics
  - 09/05/23 – 09/15/23 07:30am – 12:00pm daily (Monday - Friday)
    - *Holiday 9/4- no appointments to be scheduled that date*

## Condition Management

DeAnne Cardenas, RN

### Tobacco Cessation

Offering #1- 01/05, 01/12, 01/19, 01/26 (Thursdays 12:00pm – 1:00pm)

Offering #2- 02/08, 02/15, 02/22, 03/01 (Wednesdays 12:00pm-1:00pm)

Offering #3- 04/17, 04/24, 05/01, 05/08 (Mondays 08:00am-09:00am)

Offering #4- 06/07,06/14, 06/21, 06/28 (Wednesdays 3:00pm-4:00pm)

Offering #5- 07/06, 07/13, 07/20, 07/27 (Thursdays 12:00pm – 1:00pm)

Offering #6- 08/02, 08/09, 08/16, 08/23 (Wednesdays 12:30pm- 1:30pm)

### Condition Management Workshops-

**01/20 (Fri)- 12:00 pm - 1:00 pm** - Lifestyle Medicine: Physical Activity, Emotional Well Being and Sleep to Improve Diabetes and other Chronic Disease

**02/14 (Fri)-12:00 pm - 1:00 pm** - Diabetes Self-Management: Diabetes Comorbidities- HTN & High Cholesterol

**03/13 (Mon) 12:30pm – 1:30 pm** - Lifestyle Medicine: Healthy Eating and Hydration to Improve Diabetes and Other Chronic Disease

**3/31 (Fri) 12:00 pm – 1:00 pm** – HTN: Risk Factors & Complications

**04/27 (Thurs) 12:30 pm – 1:30 pm** - Sleep Health

**05/16 (Tues) 12:00 pm – 1:00 pm-** Lifestyle Medicine Beginning the Journey

**06/23 (Fri) 12:30 pm – 1:30 pm** - What is Lifestyle Medicine to Prevent Chronic Disease- Part 1

**07/05 (Wed) 12:30 pm – 1:30 pm** - What is Metabolic Syndrome and How Do I Manage It?

**07/17 (Mon) 11:30 am – 12:30 pm** - Gut Health/Gut Brain Connection

**08/28 (Mon) 12:00 pm – 1:00 pm** - Introduction to Lifestyle Medicine

**09/07 (Thurs) 12:30 pm – 1:30 pm** - Balancing Cholesterol: Risk Factors and Complications

**10/10 (Tues) 12:30 pm – 1:30 pm** - Obesity- Lifestyle Changes for Healthier Weight

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**10/23 (Mon) 12:00 pm- 1:00 pm** - Cancer Awareness- Breast and Prostate Cancer

**11/15 (Wed) 11:30 am – 12:30 pm** - Diabetes Self-Management Series- What is Diabetes/Risk Factors

**12/05 (Tues) 11:30am – 12:30pm** - Live Well, Be Well- Lifestyle Medicine