

Lunch and Learns 2019

Promo Sheet

CATEGORY	TITLE	DESCRIPTION
Moving More	Walk Your Way to Better Health – Building a Walking Strategy	Moving more doesn't have to mean hiring a personal trainer or trying to follow an exercise routine that feels like a chore. Integrating more physical activity into your life can include our most natural exercise – walking. Taking a daily walk is a great way to keep moving. Build a strategy to suit your lifestyle and enhance your life - body, mind, and spirit.
Chronic Disease - Diabetes	Breaking the Bond – The Relationship Between Cravings and Emotional Eating	Have you ever mindlessly eaten a bag of chips? Felt upset and reached for a bowl (or 2) of ice cream? Craving comfort foods - most commonly sugar - when feeling depressed, anxious, or tired, can bring a temporary sense of calm because of the relationship between sugar and the neurotransmitter dopamine. This can ultimately lead to weight gain and a higher risk of type 2 diabetes. It's time to change these negative eating patterns and learn new approaches to dealing with cravings and emotional eating.
Healthy Eating	Nutrition Myths You're Probably Still Believing	Nutrition – It's a topic that everyone seems to have an opinion on. Whether it's your mother, your neighbor, or your personal trainer, it can seem like everyone deems themselves an expert. It can feel overwhelming to try to keep it all straight! There are often more misconceptions than truths floating around and it's time to set the record straight.
Sleep	Night Night Sleep Tight – Building a Sleeping Strategy	Aside from a lack of energy to get you through a busy day, there are many other consequences to a lack of non-restorative sleep. The quality of your sleep is a critical determinant of your health and well-being. Research links poor quality sleep to chronic diseases such as cardiovascular disease, obesity, and depression. Learn how to build a sleep strategy to encourage quality sleep through ideal evening snacks, strategies to destress, and building better sleep goals.
Mental Wellness	Getting and Staying Connected – Social Support for Mental Wellness	Research has shown that social support is an important part of mental wellness. Having positive relationships in your life helps to reduce stress, anxiety, depression, and other health problems. Do you need to be more connected to others? Learn how to create a support network and keep and strengthen positive connections in your life.