

2020 Lunch n' Learns, Workshops, Webinars

English Only (French available upon request)

Healthy Eating

You Are What You Eat – Food Facts and Fiction	Where do you get your nutrition information and what nutrition myths are you still believing? EWSNetwork covers food facts vs food fiction, fad diets and debunks common nutrition myths in this information-packed session.
Healthy and Efficient Meal Planning	EWSNetwork shares meal planning ideas for busy families along with the best foods to pack and eat during your workday. When you fill your bodies with nutrition-packed food, your energy levels stay high and your blood sugar levels remain stable. Smart eating on the go and healthy organizing of meals will not only help you feel better all day long, it is also the first link in controlling diabetes and obesity.

Physical Activity

It's in YOU to Move	We were born to move but from childhood to adulthood we can often become more sedentary, this can be due to our jobs or lifestyle choices. EWSNetwork explains the positive effect on our overall health by adding movement and exercise to our days and shares simple tips on how to do this.
Every Step You Take – Walk Your Way to Health	A sedentary lifestyle is a silent killer. It's the leading cause of disease and disability that not only negatively impacts our physical health but our mental health as well. Find out how adding this low impact exercise into your days can improve your overall health.

Chronic Disease

Chronic Disease – Diabetes	Breaking the Bond – EWSNetwork discusses the relationship between emotional eating, sugar cravings and possible blood sugar disorders. Find out how you can determine if your emotions are causing the cravings and learn how to identify your own personal triggers. Tips are shared on dealing with withdrawal and handling your cravings.
Chronic Disease – Gut Health	Gut health is critical to our overall health. During this discussion, learn about best strategies to ensure proper digestion, best foods to consume to stay healthy and immune boosting strategies to help ensure proper gut bacteria.

2020 Lunch n' Learns, Workshops, Webinars

English Only (French available upon request)

Mental Wellness

Stress, Let's Break Up!	Good stress, bad stress....is all stress created equal? Learn how stress affects the body, how our system can only handle so much and how it reacts. Learn best strategies to re-boot, re-connect, re-fresh and re-charge - with the right mindset! It's time to take back control. Stress, it's time to BREAK UPand we're never getting back together.....
Find Your Happiness – The Power of Positive Thinking	The Power of Positive Thinking workshop focuses on another aspect of wellness that is vital to our well-being; the way we think, and the impact that being positive has on both our mind and our bodies. Discussions on how positive self-talk, affirmations and energy can lead to having a healthy mind which in turn equals a healthy body.

Optimal Health and Wellness

Night, Night Sleep Tight	EWSNetwork shares tips on how to build an effective sleep strategy to ensure that you are getting the sleep you need. We explain the different types and stages of sleep to give you a clear understanding of what our body does when we go to bed each day.
Optimal Wellness Effect - optimizing the four pillars of wellness	Eat better, move more, get better sleep and stress less.....hear how these four pillars of wellness can be optimized! Learn top strategies that you can implement – starting today!

