**Wellness & Prevention Webinars and Other Resources**

2 ways to access recorded wellness & prevention sessions on the YouTube channel:

**1.** From the YouTube search bar, type: ***Wellbeing Sessions with Jennifer B. PIC***

**2.** Scan this QR code with your device: 

**Recorded Wellness Topics Include:**

* **Eating for Your Benefit**: Understanding factors that influence food choices. Learn about whole/sprouted grains, beneficial vs. non-beneficial food choices, effects of food on insulin & blood glucose, and benefits of incorporating plant-based protein.
* **Motivation and Losing Weight**: Learn lifestyle methods for weight loss (I share my top five favorite tips); Learn and understand why we exercise motivation, commitment, and procrastination.
* **Emotional Eating and Stress Management Connection**: Learn the four As of stress management and ways to adopt healthy lifestyle behaviors. Understand the vicious cycles that keep us eating/overweight. (I share the five ways I stopped emotional eating).

**Jennifer Bourbonnais, MEd, RD** is the nutrition and wellbeing care manager for Partners In Care. Her education and training include completion of her internship and Master’s of Education from Wayne State University, obtaining a Bachelor of Science in dietetics from Michigan State University, and earning certifications in both adult & childhood obesity.

Jennifer is passionate about educating individuals about wellness and coaching them to live longer/healthier lives. Jennifer’s style combines warmth, compassion, personal experience and evidence-based information to lead one to reduce health risks & improve overall quality of life.

***(over for more resources)***

**Other Resources:**

Prevent Diabetes STAT: www.preventdiabetesstat.org has a section of the website which educates patients on prediabetes.

Go to: [www.doihaveprediabetes.org](http://www.doihaveprediabetes.org) for additional information and videos (particularly the reverse prediabetes section).

Go to: [www.choosemyplate.gov/MyPlatePlan](http://www.choosemyplate.gov/MyPlatePlan) and to the Office of Disease Prevention and Health Promotion at health.gov for education and tools to support healthy eating and physical activity.