

# Virtual Wellness Services

## Virtual Wellness Fair

Mix and match from our list of services below to host your virtual wellness fair with us. These services can be lumped together in one day or spread out over a week time period. Includes one raffle prize for every two hours booked, promotional flyer, and educational handouts.

**\$225/hour**

### One Hour Programming

- **Group Huddle with a Personal Trainer**
- **Dine with a Dietitian**
- **Wellness Webinars**
- **Live Remote Fitness Classes**

*Available classes include:* Body Weight Bootcamp, Cardio Strength Circuit, Pilates, Tai Chi, Seated Yoga, Feldenkrais, Strength & Stretch for Seniors, Build Your Balance, Family Yoga

- **Interactive Discussion with a VHC Department**
  - Diabetes
  - Childbirth Education
  - Cancer Resource Center
  - Total Joint Replacement
  - Physical Therapy - PT Solutions

### Half Hour Programming

- **Happy Place Meditation**
- **Calculating Your Body Mass and Resting Metabolic Rate**
- **Setup a Healthy Workspace at Home or at Work**
- **Relaxation Guided Imagery Activity**
- **Emotional Resiliency Reboot**
- **Staying Emotionally Connected**
- **Wellness Trivia Happy Hour or Any Hour**
- **Feed the Mind with Brain Games**
- **The Science of Happiness**
- **Live Fitness Classes**

*Available classes include:* Power Core, Energy Boost, Walk Your Way to Wellness, Soulful Stretching

### **Add Ons**

- **Easy and Healthy Cooking Demos**
  - Get Smoothin' with our Smoothie Demo
  - Three Ways to Cook Chicken
  - Heart Healthy Dishes
  - Six Healthy Snacks
  - Breakfast of Champions
  - Lunches to Go
  - Healthy Ways to Boost Flavor in Your Dishes
  - Cook Dinner with Us - "Dinner's Ready!"

**\$350/hour**

- **Add use of our GoToWebinar platform for Benefits, Insurance, Financial, Other Vendors**

**\$50/hour**

**Book Health  
Fair Services**

**Book  
Lectures**

**Visit Our  
Website**

VIRGINIA HOSPITAL  
CENTER

HealthWorks

To learn more, contact the Health Promotion Department at [healthworks@virginiahospitalcenter.com](mailto:healthworks@virginiahospitalcenter.com) or 703.558.6740

# Virtual Wellness Services

FEATURED

## New & Featured Webinars

All lectures available as webinar. The cost is \$250/webinar and includes a list of attendees and copy of the recording if using our platform. Click [here](#) for a full list of lectures and workshops.

- Maintain Healthy Habits Remotely
- Balancing Work and Home Life in the Current Climate
- Managing Your Emotional Wellness
- Meal Planning Made Easy
- Get Fit While You Sit - *At Home or Work*
- Today's Guide to Modern Day Mindfulness
- Navigating Care of Your Aging Parents
- Summer Health and Safety
- Humor Your Health

### Available in August

- Positive Body Image and Self Love
- How to Keep Your Family Engaged Today
- Lighten Up With a Lifestyle Change

## 30 Minute Four Part Webinar Series

### Nutrition

- Healthy Snacks for Everyone!
- The Sweet Truth About Sugar
- Should I be Afraid of Carbs?
- Steps to Feeling Satiated Without Overeating

### Stress Management

- Understanding Your Stress Triggers
- Improve Your Resiliency
- Make Self-compassion Part of Your Daily Routine
- Develop Calming Strategies

### Body Mechanics/Ergonomics

- Lower Back
- Neck
- Hips, Knees, and Ankles
- Shoulders, Elbows, and Wrists

**\$525/series**

## Dial a Dietitian

**\$100/hr**

## Easy and Healthy Cooking Demos

**\$350/demo**

- Get Smoothin' with our Smoothie Demo
- Three Ways to Cook Chicken
- Heart Healthy Dishes
- Six Healthy Snacks
- Breakfast of Champions
- Lunches to Go
- Healthy Ways to Boost Flavor in Dishes
- Cook Dinner with Us - "Dinner's Ready!"

## Electronic Ergonomic Assessments

**\$100/hr**

## Live Remote Exercise Classes

Available classes include: Body Weight Bootcamp, Cardio Strength Circuit, Pilates, Tai Chi, Seated Yoga, Feldenkrais, Strength & Stretch for Seniors, Build Your Balance, Family Yoga

**\$200/class**

**Max: 1 Hr**

## Wellness Phone Consultations

**\$100/hr**

More details on our services can be found on our website at

[www.virginiahospitalcenter.com/workplace](http://www.virginiahospitalcenter.com/workplace)

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HealthWorks

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