

# REMOTE HEALTH AND WELLNESS ENGAGEMENT INITIATIVES



HealthWorks

## NEW LECTURES RELEVANT TO CURRENT LANDSCAPE:

### **Maintain Healthy Habits Remotely (\$250)**

With the current landscape we've experienced an altered sense of "normal" at home. Learn how to maintain your nutrition, mental health, fitness, and self-care in your remote space.

### **Balancing Work and Home Life in the Current Climate (\$250)**

We have all recently experienced a lot of sudden changes. Do you feel like you're having trouble juggling and separating your work and home life with so many new variables? Is it starting to have a negative effect on you? Learn how to achieve balance by exploring the important aspects of your home, work and self.

### **Managing Your Emotional Wellness (\$250)**

Life can become an emotional rollercoaster particularly with transforming current events. Join us for a discussion on ways to manage your emotional wellness especially in trying times.

## WELLNESS PHONE CONSULTATIONS (\$100/HR)

## DIAL A DIETITIAN (\$100/HR)

## ELECTRONIC ERGONOMIC ASSESSMENTS (\$200/HR)

## LIVE REMOTE EXERCISE CLASSES (\$150/HR)

- Body Weight Bootcamp
- Cardio Strength Circuit
- Pilates
- Tai Chi
- Seated Yoga
- Feldenkrais
- Strength & Stretch for Seniors
- Build Your Balance

For more info, visit [www.virginiahospitalcenter.com/workplace](http://www.virginiahospitalcenter.com/workplace)

**FEATURED**

# REMOTE LECTURE SERIES

## **MEAL PLANNING MADE EASY (\$250)**

Let us help you map out your nutritious meals, find balance, and maximize your pantry while navigating the current landscape. The program includes healthy snack ideas, tips for shopping and storing, and quick and easy menu ideas.

## **GET FIT WHILE YOU SIT - AT HOME OR WORK (\$250)**

Most Americans sit more during each day than is recommended for a healthy body. This talk will give you tips and ideas on how to add activity to even the busiest of work days.

## **TODAY'S GUIDE TO MODERN DAY MINDFULNESS (\$250)**

We are all dealing with new stressors and trying to manage both work and home life in today's climate. Let us guide you through the art of mindfulness and how it can help you find comfort, peace, and serenity in the here and now. You will leave this lecture being more aware of your body, mind, and feelings in the present moment.

Visit [www.virginiahospitalcenter.com/workplace](http://www.virginiahospitalcenter.com/workplace)  
for a full list of webinars.