



Living Well Alliance™

Empowering Employee Health around Puget Sound



Living Well Alliance Mission

The mission of the Living Well Alliance (LWA) is **to offer research-based preventive programs for employees and community members, tailored to each organization's needs**. LWA can supplement your wellness program, with offerings from live webinars to yoga workshops.

LWA aims to support your staff in living healthier lives, which can benefit your organization's bottom line.

What You Can Expect

The Living Well Alliance offers consultations on your wellness program, as well as a range of programs you can use to boost your employees' health and morale.

Free Program Consultations

LWA is happy to meet with your wellness coordinator or team to discuss your current wellness program's structure and offerings. We can provide expertise, insight and suggestions to improve your program so that it better supports your employees' wellness goals and needs.



Contact the Living Well Alliance team for questions or to book:
LWA@pacmed.org



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Nutrition and Wellness Classes

These virtual classes provide up-to-date, research-based education that focuses on health promotion and disease prevention. All classes are taught by a qualified health professional.

New to the program? Try us out—your first class is complimentary!

Webinars

- **Single webinar**\$200/class
 - These 45- to 60-minute wellness classes are customized for your employees. Classes encourage employee interaction and participation through video and chat.
 - Cooking classes, available on a limited basis, focus on a specific health topic. Please note: Food cost is additional and is not available as your complimentary class.
- **3-class passes**\$525/series
 - Schedule any three webinars within one calendar year from date of purchase.

Subscription Packages

- **Monthly nutrition and wellness webinars**\$600/year
 - With this subscription, employees can listen to a live, 45-minute, wellness-themed webinar presented by a health professional each third Wednesday of the month. After each live broadcast, subscribing organizations receive a complimentary recording to share with their community. Prorated pricing is available if you book just one webinar per quarter or one at a time.

2021 topic list available by email
- **Deskercise monthly subscription**.....\$120/year
 - This monthly subscription focuses on quick and gentle stretching and strengthening videos by a registered yoga teacher. Just 5-10 minutes each, a video recording is released each month but available for the rest of the year. When you join, you will receive two videos to watch right away.

Yoga Classes

- **Virtual 30-minute to 1-hour yoga classes**.....\$50-100/class
 - Yoga is with a trained instructor and curated to fit all bodies and all abilities. Some benefits to offering classes at work include stress relief, increased flexibility, and strength.

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Nutrition and Wellness Class Topics

Nutrition

Brain Boost: Foods that Energize and Protect Your Brain!

- Ever wonder what you can do to prevent memory decline as you age? In this class, learn how to energize and protect your brain with your food choices and to optimize your lifestyle to best retain your memory for the future.

Debunking Health Food Claims

- Let's navigate through health food claims together! In this class, we look at nutrition labels and learn how to determine if a food is healthy. We take a closer look at food halos to bypass marketing claims.

Diet Days Are Over

- This class explores the crazy world of fad diets and confusion over eating plans. We identify the benefits and cons of each, debunk myths around health claims and leave with research-based recommendations on health.

The Food and Mood Connection

- This class highlights the connection between what we eat and how we feel. Learn specific foods that can partner with additional treatments for depression and anxiety.

Food for Thought—Eating with Purpose

- In this class, we learn how to recognize fullness and hunger cues and to separate food from feelings. We also look at how preconceptions and environment can influence eating habits. We introduce the philosophy and tangible tools of mindful eating.

How Sweet It Is? The Truth about Sugar

- While sugar can be a confusing topic, our registered dietitian walks you through the evolution of sugar cravings and how to identify types of sugar. You'll leave with suggestions on how to reduce your overall sugar intake and curb some of those cravings.

Managing Inflammation with Food

- In this class, we review what inflammation is, why it happens and foods that help minimize it. In addition, this class describes additional lifestyle factors that can help manage specific types of inflammation like arthritis.

Save Calories and Cash

- Our registered dietitian discusses how to plan meals and gives you tips for grocery shopping and meal preparation that can save you time and money. You will leave with tools, recipes and a strategy to get started without stress.

Supplements 101

- While supplement marketing can be confusing, learn the basics of supplement regulation, as well as review a number of nutrients that may or may not be worth the cost.

Wellness

Get Fit on the Clock

- Don't have enough time to fit in a workout before or after work? Gain practical tips on fitting exercise and more physical activity into your busy schedule, both inside and outside of work! Taught by a registered yoga instructor.

Making Goals, Changing Habits

- Learn theories on how humans approach behavior change, and discover what tools are most successful in creating healthy lifelong habits. You will get to practice and then create goals for behavior change.

Stressed Out? Managing Stress Effectively

- A small amount of stress can be a good thing, but all too often we tend to overstress. Participants learn about the damaging effects of stress and how to reduce and manage the stressors in their lives.

Mindfulness and Health

- Review what mindfulness is and how to incorporate it into your life for stress relief, less anxiety and depression, and a better relationship with food. We will review meditation techniques and theories.

Sleep Matters

- In a recent national study, over one-quarter of surveyed adults said they had missed work, events or activities or had made errors at work because of sleep-related issues. Learn what sleep really is, what happens when we don't get enough and strategies to improve the amount and quality of your sleep.

Water and the Body

- Explore the research on what and how much water to drink for health. We touch on signs and symptoms of both dehydration and over hydration.

What's the Deal with Alcohol?

- In this class, we will review the basics of how alcohol processes in your body and how alcohol relates to your health.

Preventing Chronic Disease

Be Smart for Your Heart

- Understand the types of heart disease and what numbers to watch, including cholesterol, blood pressure and blood sugar. Discover heart-healthy lifestyle approaches, including diet, physical activity and stress management, and learn to identify healthy foods from labels. *A perfect complement to a Healthy Heart Awareness campaign in February.*

Diabetes Basics and Beyond

- It's estimated that 50% of Washingtonians over age 65 have prediabetes or diabetes. A registered dietitian discusses risk factors for diabetes and how to live well with diabetes.

Winter Wellness

- Learn how to reduce winter illnesses by supporting your immune system. You will learn lifestyle tips that have been proven to strengthen your response to illnesses, especially in the winter months.

Fight Cancer with Food! How Nutrition Helps Prevent Cancer

- Nearly 50% of most common cancers can be prevented! In this class, you learn what cancer is and the common types, review risk factors you can avoid and gain positive lifestyle interventions that can lower your risk.

Nutrition for the Bones

- Acquire information about foods that help prevent and delay osteoporosis and leave with recipe ideas and helpful hints.

Shared Responsibilities

LWA partnerships are most successful when each party knows their role in advance.

Living Well Alliance responsibilities include:

1. Deliver high-quality wellness programs tailored to your organization's needs.
2. Create an optional flyer for use in advertising upcoming programs.
3. Follow up at least a week prior to event to confirm event and virtual link.
4. If in-person: Confirm location and setup requirements. Travel to site and arrive 30 minutes prior to event to set up media or screenings.
5. Provide interactive classes and afterward collect surveys from class participants that will be shared with your organization for future planning.
6. Send invoice after event for billing.

Organization responsibilities include:

1. Choose event topic or theme (as appropriate).
2. If in-person: Secure room for event with proper supplies and/or confidentiality and provide LWA with travel/parking/access instructions.
3. Send out internal flyers and invitations to employees.
4. Track and secure adequate attendance.
5. Confirm with LWA any changes leading up to event.
6. Send reminder to employees as you see fit.
7. Follow up with payment 30 days after invoice has been issued (as applicable).

Billing: Each event will be billed at the end of the month. An invoice will be sent by email, and the organization will have 30 days to send a check to:

Pacific Medical Centers
Attn: Christy Goff
1200 12th Ave S
Seattle, WA 98144

Discounts: For new clients, the first class's fee is waived so that your company may try LWA services and class experience.

If your company refers a new company to the LWA program, your company will receive 50% off your next class once the referred company completes an LWA class or service.