



THE LIVING WELL ALLIANCE™ CLASS TOPICS

Nutrition

Brain Boost: Energize and Protect Your Brain with Food!

- 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 retain your memory for the future.

Food for Thought—How to Eat with Purpose

- Most of us eat not only because we are hungry, but also to fulfill our emotional states. In this class, learn how to recognize fullness and hunger cues, to separate food from feelings and how preconceptions and environment can influence eating habits. We will introduce the philosophy and tangible tools of mindful eating.

Digestion 101

- Worried about how you're digesting your food? Come learn the basics of proper digestion and how to minimize discomfort while learning some helpful food suggestions.

Carb Conundrum

- Confused by all the mixed messages about food? Get the real story on what carbohydrates are and how your body uses them. Learn which foods contain "carbs" and why either avoiding them or overloading on them may not be the best choice for your health.

Sugar: The Truth Uncovered

- While sugar can be a confusing topic, our registered dietitian will walk 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.

Nutrition in the Fast Lane

- The average American eats out for four meals each week. Learn how to cut calories and make healthier choices while still enjoying favorite fast-food or sit-down restaurants.

Quick and Healthy Meal Planning

- Our registered dietitian will discuss how to plan meals and give 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. *We also offer a class specifically for lunch called **What's in my lunchbox?***

Healthy Holiday Eating

- Holidays and special days often include foods that are high in calories, fat and sodium. In this class, learn the basics to creating healthy meals and choosing substitutions for your favorite family food traditions. We will explore strategies to re-create recipes to save calories.

NEW! Understanding Vegetarian/Vegan Eating

- It's more than avoiding red meat! In this class, explore different types of vegetarianism and their health benefits and potential concerns. Learn to use plant proteins to create healthful, delicious and satisfying meals.

NEW! Navigating the Maze of Health Food

- We will look at Nutrition Facts labels and learn how to determine if a food is healthy. We also will take a virtual walk through the grocery store, learning to bypass marketing claims and using tricks that make shopping easier and cheaper.

Cooking Classes (any theme)

- Have a kitchen space you want to utilize? Our dietitian can showcase simple meals at your site with a theme of your choice. *Food cost is not included in class price.*



Wellness

Stressed Out—Managing Your Stress Effectively

- A small amount of stress can be a good thing, but all too often, we tend to be overstressed. Participants will understand the damaging effects of stress and learn how to reduce and manage the stressors in their lives.
 - *Use as single class or devote yourself to our 3-class stress series—**SOS for Stress**—for a more in-depth look at stress.*

Sleep Matters

- In a recent national study, over one-quarter of surveyed adults said that 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.

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!

Making Successful Goals and Changes

- Learn about theories on how humans approach behavior change, and discover what tools are successful in creating healthy lifelong habits. You will get to practice and then create goals for behavior change.
 - *This class is a good pairing when offered before individualized nutrition counseling sessions (more info at livingwellalliance.org).*

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, identifying healthy foods from labels, physical activity and stress management. *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 pre-diabetes or diabetes. A registered dietitian will discuss risk factors for diabetes and how to live well with diabetes.

Winter Wellness

- Be a flu fighter! Learn how to reduce winter illnesses to maintain productivity. You'll learn tips to prevent seasonal colds and other health issues associated with our long, dark days.

NEW! Preventing Cancer

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

Classes are taught by health professionals at your worksite or through a live webinar
Contact Christy Goff at Christineg@pacmed.org for more information