



LifeBalance Solutions provides high quality wellness and family education to employees where they work, in order to strengthen individuals, families, and communities. We work with over 100 expert trainers offering leading-edge tools and information based on the latest research. Your employees take away practical tips they can implement immediately. Our content catalog has over 1000 seminars to choose from to meet the needs of your employees.

Subject Content Areas:

Parenting
Families
Financial
Personal Living
Worksite Issues
Eldercare
Aging
Health & Wellness
Professional Development

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New Seminar Content Catalog 2017



2016 New Content Catalog

Health and Wellness

Wellness For Life

There's more to making lasting wellness changes than just knowing what we should and shouldn't do. If it were that simple you would have done it already. Poor lifestyle choices and health hygiene account for up to 85% of healthcare costs in the U.S.

Good wellness hygiene is an essential foundation for resilience, performance, and happiness; while it often seems overwhelming, there are simple practices we can start with. Demystify the mumbo jumbo from a science & life design perspective. Plant your feet firmly on your wellness journey with some easy tips & tools.

Walk away with:

An understanding of your strengths and weaknesses in creating and maintaining wellness; simple tips for optimizing your wellness routines; and clarity around the whys and how's for better health.

3 Mindset Shifts to Accelerate Health

Your body can't go where your mind refuses to. Join Jenn, as she shares how she got her mind in shape as she dropped 100 pounds. The audience will discover:

- How counting calories, carbs and points sets you up for failure
- Why infobesity is keeping you stuck in the same health rut
- The secret strategy of body-builder for natural body transformation that you aren't aware of

3 Mindset Shifts to Accelerate Health

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How counting calories, carbs and points sets you up for failure

Why infobesity is keeping you stuck in the same health rut

The secret strategy of body-builders for natural body transformation that you aren't aware of

5 Morning Rituals for a Healthier Day

Did you know that the most successful people in the world have already accomplished 5 major habits every morning before 7? No early bird herself, Jenn will share principles based off of Hal Elrod's Miracle Morning, and how it supercharged her health. The audience will:

Begin appreciating the benefits of early morning rituals

Understand the importance of cornerstone habits for lifestyle change

Implement a 30-day action plan to shift from night owl to early bird

Organize your Office for Effortless Weight Loss (from cube to cafeteria)

Forget mindful eating- embrace mind-LESS eating! The average person makes 200 food decisions a day, according to Brian Wansink. Re-organize your office space or cafeteria to maximize the principles of eating less...without even thinking about it. The audience will learn:

Why containers can make a world of difference

How color and placement impacts our choices

The power of utilizing food industry tricks to slim your waistline

Movement Maximizers for Cube-Dwellers

Think you need a company gym to get fit at the office? Or that you need to spend 8 hours a week hitting the pavement? Jenn debunks the common gym myths and shares a simple exercise prescription to make the most of the brief “movement breaks” in your long day. She will also share her top tools to boost fat burning, even while you sleep! The audience will discover:

Why most gym members stop going within 5 months

How to get fit in just 10 minutes a day

The best way to burn fat while you sleep (it’s not what you think!)

Resolution Solutions

Did you know that up to 65% of resolutions die by February 1? Join Jenn Espinosa-Goswami, health coach, for powerful solutions to turn your resolutions into reality. The audience will discover:

- Why SMART goals are really dumb
- How to establish milestones to long-term success
- The truth about accountability partners and how to find the support you really need

Understanding the Nutrition Label

Understanding and interpreting the nutrition facts label can be confusing if you don’t have basic nutrition knowledge. Please join us for a presentation that will provide an overview of the nutrition facts label, and how to interpret all of the numbers, percentages, and ingredients listed.

EAT YOUR WAY TO GOOD HEALTH

This talk discusses the latest understandings of proper nutrition and it’s relationship to great health. New understandings of the type and quantity of fats, proteins and carbohydrates most healthy to eat are presented based on current research. Vitamins and other nutrients are also discussed. Finally, the attendees are given an easy to understand program that they can implement immediately that will begin to improve the impact diet has on their health.

TRAIN WRECK TO TERRIFIC! THE FIVE SECRETS TO VIBRANT HEALTH

This talk meets the audience where they are with respect to their current health. Then the five keys to achieving and maintaining outstanding health are explained in a fun and easy to understand way. New, cutting edge understandings of diet, exercise, sleep and other critical keys are provided and the attendees will leave with practical skills they can use to transform their health.

Weight Management 101

Overweight and obesity are major problems within the United States, but can be prevented and treated with proper nutrition. Join us for a presentation that focuses on the basics of energy balance, portion control and nutrition recommendations for those who are trying to lose or maintain weight.

Sports Nutrition 101

Sports nutrition is an exciting area and relevant to professional athletes and everyday people who exercise. Join us for a presentation that focuses on proper hydration, fueling before and after sporting events, and supplements.

Fad diets, What They Are and What They Aren’t

Fad diets are popular in the media and often provide a “quick fix” for those who are trying to lose weight quick. Join us for a presentation that discusses the different types of fad diets and if they are successful in the long- term.

Nutrition Needs During Times of Growth

Nutrition needs vary by age, gender and time of life. Join us for a presentation that focuses on nutrient needs during the lifecycle. In particular, we will focus on infants, toddlers, and teenagers.

The Grain Debate

Recently, carbohydrates and sources of them have received negative attention in the media. Join us for a presentation that describes why carbohydrates are important in the diet and education on the differences between whole and refined grains.

The Benefits of Dietary Fiber

Fiber provides a number of health benefits including keeping you full and aiding in weight management. Fiber also promotes optimal bowel function. Join us for a presentation that describes what fiber is, food sources of it, and its many health benefits.

How To Feed The Picky Eater

Picky eating is a problem that most children face at some point during childhood. Research in this area has evolved with scientists learning more about how to treat a picky eater. Join us for a presentation that focuses on picky eating and how to best help children who face this very common problem.

Yoga and Meditation

Have you ever wondered about Yoga and Meditation? Have you been interested in more information but not sure where to start with all of the material out there?

Come and join us for a 45 minute session where you will learn about a large variety of benefits of Yoga and Meditation, a short history and some interesting facts. You will also have the opportunity to experience a short meditation and chair yoga class. No experience is necessary and the only requirement is an open mind!

Chair Yoga Class – Incorporate Yoga

Enjoy this 45 minute Yoga class where you remain seated or standing the entire time. This is perfect before a board meeting, a group activity or a reoccurring event at your place of work. You will leave feeling refreshed and peaceful – ready to start your day. No Yoga clothes required!

Sugar Blues – Incorporate Yoga

Do you constantly crave sweets and are not sure why? Are you tired of always being tired and having low energy? Do you want to gain control over your cravings and not deprive yourself? If you are like most people, you may be more dependent on sugar than you would like. You crave sugary snacks to give you energy or satisfy that sweet tooth, but you end up more tired after. You also notice that you may not be at your ideal weight, you have poor sleep, or other health concerns like dull skin, headaches, or feeling stressed. If this sounds like you, come learn how you can change your relationship with sugar for good. This workshop will help you will understand the causes of your sugar cravings and learn practical tools for dealing with them.

12 Steps to Better Health

With so many different dietary theories out there it can be hard to know which plan is best for you. While one way of eating may work for some it can be impossible for others. However, there are some commonalities in most fad diets. In this workshop I'll identify twelve steps that every BODY can live by to bring positive change to their health and wellness.

Eat to Energize – Incorporate Yoga

This workshop will help you gain an understanding of the dynamics of your energy and how food and lifestyle are key in energizing your life!

Could it be Adrenal Fatigue?

Do you often feel tired throughout the day? Do you still feel tired even after a long period of sleep? Do you feel hard to handle stressful situations? Maybe you have Adrenal Fatigue. Adrenal Fatigue leads to lower levels of a number of hormones and neurotransmitters, changes that can affect every single part of your body. Learn how this happens and how you can reverse these and many more symptoms with this lecture.

Morning and Nighttime Routines – Incorporate Yoga

Routines are fantastic ways to help you accomplish daily goals, become more productive and keep you energized throughout the day. This workshop will help you identify easy morning and evening routines to help you become and stay more motivated and excited throughout your day.

Mindful Eating – Incorporate Yoga

In this lecture we'll look at the different energetics of a variety of food and how food is processed and prepared. We'll discuss food energetics and explore how intimately connected emotions and food can be.

What's Your Metabolic Type? – Incorporate Yoga

This lecture will help you identify what types of macronutrients you should be eating, as well as which foods might be best for your metabolic type. When eating appropriately for your metabolic type you can expect to have more energy, fewer food allergies, lose more fat and experience an overall better mood.

What Are Your Self-Care Minimums? – Incorporate Yoga

We spend so much time worrying about and caring for others and often put our own personal wants and needs second. How are we supposed to be able to show up and give 100% of our self to others if we don't first take care of ourselves? In this workshop I'll identify a range of self-care routines and help you identify ones that work for you!

Who Should Avoid Gluten? – Incorporate Yoga

It seems as if everywhere you go these days you'll see packages labeled "GF" and separate menus at restaurants appealing to the gluten intolerant. But what exactly is gluten? Should I avoid it and what would happen if I don't? This workshop will take look into what gluten is, who should avoid it and help you understand what food and non-food items gluten is in.

Smoothie Demos – – Incorporate Yoga

As a smoothie enthusiast I know how easy it is to get stuck in a smoothie rut. Come learn how to make yummy and healthy smoothies and take away some new smoothie ideas! Samples will be provided!!!

*The smoothie demo would include additional costs for the materials.

Everyday Strength – Incorporate Yoga

Life is 3-dimensional. We reach, bend, twist, lean, turn and change direction all day long. To be stronger in everyday life we need what's called functional strength. Functional strength is the strength that gets us through the day when we need to get it done safely and effectively! Have fun and learn strategies to stimulate and strength your whole body through play, flow and natural movement.

Your Life in Balance – Incorporate Yoga

Even when you're not thinking about it, your body is balancing—hiking on a wooded trail, biking down the street, even walking up the stairs. By training to develop greater balance, you will recognize improvements in coordination, athletic skill, core strength and posture. This in turn will result in fewer injuries and greater stability as you age. Learn the fundamentals of balance and how to easily train for better balance – for a better life!

Relaaaaax - Incorporate Yoga

You may have heard that a little bit of stress is actually *good* for you. In the just-right amount, that adrenaline rush can power you through a long day at work, boost your workouts and help you complete your “to do” list. But, while it feels good to conquer the day, in the end, it just simply feels better - and is more beneficial to your health - to *relax*. Rest and relaxation protects your heart, lowers your risk of catching a cold, boosts your memory, lowers your risk of stroke, lowers your risk of depression and even stops weight gain – just for starters. Learn tools and techniques to use every day whether you have one minute or one hour available. You will walk away feeling...relaaaaaxed.

Worksite Issues/

Benefiting from Emotional Intelligence On The Job

Relationships matter and for you to be successful in the workplace you need to be able to manage the many different relationships. This requires intellectual ability *and* emotional intelligence (EI), which consists of four elements: understanding your emotions, managing your emotions, understanding others and managing relationships. Strong EI helps you predict, manage, and adapt too many different situations, especially the challenging ones. Some of your clients, colleagues, bosses, and other relations may show behaviors that you find manipulative, draining, confusing, or irritating. Anxiety, withdrawal, and frustration-based responses are often the default response-patterns; however they cripple your efforts to relate effectively and to get the job done. This seminar will help you understand and adjust your own responses, positively influence your self-talk and possible doubts and fears, *and* navigate challenging interpersonal situations with more success.

How To Control Technology and Not Let It Control You

The prevalence of self-imposed stress is increasing as technology and constant access require increasing willpower and priority setting and further blur the line between work and home. The biggest problem may not be technology but the way we use technology and smart devices. This seminar provides insights and tips from neuroscience and psychology on topics such as multitasking, willpower, and mindfulness practices. You will leave with techniques to master your technology and not have it master you, to counter the always-on pressure, to improve your focus, and to thwart the effects of stress while not abandoning the technology you depend upon daily. Remember: Prevention is always better than intervention.

How To Communicate With Candor and Respect

Too many things are left unsaid in the workplace, and if these opinions, thoughts, and wishes are bottled up they start leading their own, often skewed, life. Sugar-coating and beating around the bush

do everyone involved a huge disservice. They can create confusion, tension, preventable bias, and even worse: blow things out of proportion and ruin collaborations. More often than not the intent is positive or at least not negative: wanting to be respectful, wanting to be liked, wanting to play it safe. Misguided beliefs and fears around candor and respect usually play a lead role in these dynamics, so this seminar provides relevant insights and practical tips on how you can adjust your assumptions, thinking patterns, fears, and actions so that you can still relate and communicate respectfully and mindfully while increasing candor in your conversations.

Focus, Time, and Energy Management

Every time you focus your attention you are using glucose and other metabolic resources. Studies by Professor of Psychology at Florida State University Roy Baumeister and his colleagues show that each task that you perform tends to make you less effective at the next task. Whether we are at home, in the workplace, or elsewhere, we are constantly fighting off distractions and battling conflicting priorities. This session focuses on practical tips for understanding, avoiding and suppressing some distractions and benefiting from others. You will learn about techniques to sustain your attention and about neuroscience-based practices to increase your ability to manage your priorities, energy, and time best.

Managing Many Different Kinds of People

(Specifically for supervisors (preferably 2 sessions of each 1.5 hour)

You are leading a team and one of its members is not pulling her weight. In his contacts with other staff or clients, your team member is not acting with the professionalism you expect. Maybe you have to deliver bad news to an internal or external client who is demanding, or some of your team members are, for various reasons, difficult to manage. You may recognize these situations and you will likely dread them. This seminar provides insights and practical tips that help you understand people's needs and fears behind their behaviors, that help manage and utilize differences in styles, and that increase the chances of successfully managing a wide variety of people. We dive into how *your* communication and leadership style influences others, how to communicate more clearly and authentically, and how to listen at a deeper level in order to connect, understand, and adjust.

Holding Others Accountable in a Clear and Positive Way

(Specifically for supervisors (preferably 2 sessions of each 1.5 hour)

In a perfect world, every staff member owns his or her mistakes and learns from them. Now over to the real world, accountability is not just a crucial ingredient for professional success but also a challenge. Who wants to look incapable or ruin chances for a good review or promotion? Who likes to start an accountability conversation and address someone's misjudgments or mistakes? Most people don't and that begs the question: How do you deal with your own and other's mistakes and how do you hold others accountable in a constructive, effective manner while maintaining a good working relationship? This seminar provide insights and practical tips about beliefs and practices that stifle accountability, about the psychology behind excuses, blaming, and helplessness, about the role of feedback and the 'accountability conversation', and about the benefit of writing your CV of Failures and of holding Blameless Team Postmortems.

Making Meetings Matter

(Specifically for Teams)

Let's be honest people: Many meetings aren't just monotonous and time-consuming, they discourage and drain your energy. You dread yet another gathering with endless discussions, repetitions, and positioning while the elephant remains in the room and, in some cases, clear decisions and results are all but present. Considering the pressures and workloads you are facing, these tiring meetings cause a rush

of cortisol, adrenaline, and other stress hormones that I'm sure you can easily do without. If you wish to learn how to increase relevance, energy, focus, and productivity in meetings this seminar is for you. It is possible to hold meetings that people want to attend because they engage and create results, yet it does require you and everyone involved to shift your meeting-mindset and to learn about practical and sometimes unconventional meeting tools.

The New Demands on Your Organization and How to Retain Your Talent

The new generation of employees entering the workforce has grown up in a world of constant change and innovation. Employees want to learn continuously and expect that their employers value and nurture their potential. The global, mobile, transient nature of this new workforce makes it easy for employees to jump ship for organizations that offer more growth and development opportunities. To become the kind of employer that attracts and retains talent, organizations need to create a culture of learning.

In this workshop you will learn:

- The Definition of a Learning Culture
- Why a Learning Culture is So Critical to Staying Relevant as an Organizational Leader in your Industry
- Key Components of Designing a Learning Culture for your Organization
- Strategies for Fostering a Learning Culture Mindset that Retains Your Talent

Developing Engaged Millennial Employees Who Are Ready to Lead

Millennials. A generation which has frequently been labeled as entitled, hungry for feedback, and expecting rapid career development. Harnessing this generation's talents and loyalty will be absolutely critical in the next 10 to 15 years as many of these Millennials rise to leadership positions. Deloitte estimates that Millennials will make up 75% of the global workforce by 2025. Develop your upcoming talent and align them to a large mission in your organization.

In this workshop you will learn how to:

- Understand the importance of knowing organizations goals and mindset
- Define themselves as a leader
- Identify where they can best fit
- Promote leadership opportunities within your organization
- Create a strategy to effectively lead

LOVE YOUR JOB: Creating Your Impactful Career

If you have a successful career but don't feel like you're able to create the impact you desire within your organization, it can be very discouraging. Not only does your heart ache because you're not feeling valued, you also aren't doing what you really love to do. You may be struggling to get through each day because you are doing tedious tasks or are just trying to stay ahead of the constant work load. Each day you leave the house for work you secretly create an internal timer for the moment you get to leave the office, enjoy the weekend, or head on your next vacation.

In this workshop you will learn:

- What you really desire in your career within your organization
- How to convey your skillset so your management team can properly put you into the right roles and opportunities
- Productivity strategies that ensure work life balance within your organization
- How to align your individual goals and aspirations to the overall goals of your organization

FIND YOUR TALENT: Unlock Your Superstar Potential

If you have a successful life but you have been struggling to get to the next level you might be wasting your energy on developing skills that will never allow you to achieve the success you've always dreamed of. You may even be aware of what your natural talents are but aren't sure how to utilize them effectively. The problem is when you aren't sure what your natural talents are you aren't sure how to develop them full you are not able to achieve success with ease and fulfillment. Not only do you feel dissatisfied because you're not feeling fulfilled, you also know that you are working way too hard.

The only way to end this struggle is to realize you can get crystal clear about what your Top 5 Talents are and how to effectively utilize them for success. Your talents were made to be used and they are unique to you. Did you know the chance of someone else having the exact same talent combination as you are 1 in 33 million? Learn how to find your unique talents and how to become exponentially greater by developing your talents instead of just a skill.

In this interactive presentation you will learn:

- How to find out your Top 5 talents
- Proven strategies to exponentially develop your natural talents
- How to use your talents to create the impact you've always desired
- Confidence in your unique talents to feel fulfilled and content for the rest of your life

Mastering Your Presentation Skills for Great Career Impact

Public speaking is one of the most important and most dreaded forms of communication. About 3 in 4 people suffer from speech anxiety, and for many, their fear is so great that it could derail their careers. The ability to communicate effectively at all levels, project self-assurance and self-confidence and share your industry knowledge will significantly raise the probability that you will move ahead in your chosen career.

In this interactive presentation you will learn:

- Why the ability to communicate is so essential to your career
- 6 critical components that make a powerful delivery for any audience
- Effective strategies to manage nerves and create high energy during your presentation
- Techniques to avoid using filler words and instead sound polished and professional
- How to command a strong presence when speaking in front of groups
- The number one technique that builds trust, rapport, and exudes confidence to your audience.

Become More Effective in Your Communication Strategies

Successful careers require the ability to communicate effectively both orally and in writing. These critical competencies will become more valuable as technology intensifies the significant role of messages in the workplace. Success on the job is contingent upon an individual's ability to express and articulate ideas, input, and feedback clearly.

In this presentation participants will learn:

- The importance of establishing clear communication in the workplace
- Best practices for organizing meeting and working productively
- The secret for crafting emails that generate response
- Tips for effectively managing email overwhelm and how to communicate more effectively

The Starting Reasons Why Women are Opting Out

We are in an interesting time where the working landscape is changing. In the last 30 years many women have been climbing the corporate ladder and have been disappointed when they got to the top

only to find burn-out, dissatisfaction, and isolation. Because of this many woman have opted out of the corporate landscape all together. Often times, women find it challenging to articulate their value, have a hard time remaining confident, and aren't sure how to navigate uncertainty. Women are becoming frustrated because they want to create a bigger impact to help the lives of others but yet have no idea how to make it happen. More and more women are wanting to do work aligned to their unique skills, gifts, and talents. The problem is many women aren't sure how to navigate these murky waters because they have only been taught how to create success with clear tangible goals and organizations are not prepare to support these new demands.

In this presentation you will learn:

- The new paradigms that are changing the corporate culture
- The reason why so many women are feeling stagnant in their careers
- Organizational behaviors and beliefs that have stopped the success of women leaders
- How to engage your woman leaders so they can lead with confidence in their unique skillset that fits with your organization and their purpose.

Personal Issues

Never Heard of the Enneagram? Discover What You've Been Missing

I explain what the Enneagram is, where it comes from and give a brief description of each type. A handout will be shared that gets everyone started on determining their own type. Oh, and I'll even explain how to pronounce it!

Longer than one hour: I can go into each type in more depth and include activities that help people figure out which type they are.

Strengths v. Weaknesses: Just How Different Are They?

We often hear the message, "use your strengths." But is it possible to take our strengths too far? I explain the connection between strengths and weaknesses and walk us through a thought-provoking exercise that will have us looking at our strengths in a new light. I will also briefly introduce us to the nine different styles of the Enneagram, a personality system that illuminates what happens when we overuse our strengths.

Building Your Core (Resilience): Purpose Matters

What gets you up every morning? Knowing your purpose has significant health benefits, including increased longevity, positive attitude, & decreased risk of dementia. Once you are clear on why you are here, and what you value most, you can prioritize your time, energy and attention wisely. Being clear on our purpose, being connected to something larger than ourselves whether that is a community, workplace, religion or nature, and having a sense of our values and beliefs helps insulate us from the stress of the increasing change we all face both at work and at home. Knowing ourselves creates "core" resilience and much like our core abdominal muscles stabilize your body during movement; these resilience "muscles" stabilize us during times of trouble. So don't wait until you need those muscles to work them; build your "core" before you need it, and you will sail through the inevitable storms.

Walk away with:

Understanding what matters to you today, how to create alignment, and tips to keep it that way for long-term health and happiness.

Resilience Is Your Superpower: Thriving Through Change and Adversity

Did you know you had a hidden superpower? Resilience is our ability to bounce back when bad things happen. While some of us are naturally more resilient to start with, the great news is resilience is a set

of skills that can be developed. Better news, we can actually create opportunities from adversity and challenge once we learn resilience.

Learn how to work with, not against, your biology, and why you are wired the way you are. Learn why mindset is so important, and what you can do to change it. Understand the key components of resilience, backed by research, and why it's so critical for surviving and thriving in today's complex, fast paced world.

Walk away with:

Your personal framework for understanding resilience and stress management, how to build it, and a few easy tools to restore performance and focus and manage your stress on the fly.

Mental Health Issues

Understanding Mental Illness in the Workplace

1 in 5 adults have a mental illness that can impact absenteeism and presenteeism at the workplace. This means an average of 27 lost work days per year, 9 sick days and 18 days of lost productivity for each employee with a mental illness. It is also the leading cause of short-term and long-term disability. This training will provide a brief overview of mental illnesses, will increase your understanding of why disclosure is difficult, and will offer information on providing accommodations in the workplace. Employers with proactive mental health programs see financial benefits, higher productivity, motivation, and reduced absenteeism.

Adult Mental Health First Aid

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders.

Goals - attendees will:

- Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction.
- Increase their confidence in and likelihood to help an individual in distress.
- Show increased mental wellness themselves.

Studies show that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses.

Breaking YOUR Distress Cycle

- 1 hour workshop
- Participants will be able to identify personal triggers and try out techniques in breaking a distress cycle impacting them in their daily lives.

Workshop Description:

“Are you having one of those days where you are running late for work? The Kids are fussy and not ready for school? You reach for your cell phone and realize you left it at home?”

Now is the time to break Your Distress Cycle. This one hour workshop will describe the inter-relationship between thoughts, emotions, and behavior that impacts our lives. Not only will you be able to identify triggers of stress, but through the acceptance of the stressors in our lives, begin to build skills that break the distress cycles we experience. “

Wheel of Wellness Workshop

- 1 hour workshop
- Participants will identify six interconnected components contributing to their sense of wellness.
- Participants will engage in interactive learning to generate strategies they can use to create balance for their physical and mental well-being.

“While humans have evolved tremendously, we have misplaced our intuitive compass regarding influences impacting our physical and mental well-being. Through this one hour workshop, participants will build their awareness of the six interconnected elements which comprise our ‘Wheel of Wellness’. We will show how the wheel functions, relates to our general well-being and introduce you to techniques that balance our wheels of wellness.”

Eldercare and Aging:

FamilyMeans has developed a 3-part class series for the aging population. The flyer attachment is the document we’re using to market the program. For our first two programs we structured it as one program, three classes/program, and people had to attend all three classes. After some discussion with our Aging Committee we decided it’s best to give people a choice for which class(s) meets their needs, and we restructured the class fee.

Do you see this as a program option to market to your employer base? We’re interested in partnering with Lifetrack Resources on this education.

What You Need to Know

On the Road Next Taken, you’ll encounter many side paths filled with challenges and opportunities. Some explore topics and activities you may have thought about over the years, but really didn’t need to examine in detail. Now that you’re on the Road Next Taken, you acknowledge the time to explore these has arrived. To have your very best life to the very end, you need to understand — decide — live it!

Aging - It’s Normal, Natural and Not Necessarily Nasty

Aging is the process that begins as soon as you are born and will continue until you die. Our bodies adapt and repair. Each new decade of life highlights our strengths and weaknesses. Discover what you can expect and lifestyle choices that will help you make the most of what you’ve got as you age.

50 Plus Customized Aging Series

The Road Next Taken: What You Need to Know

On the Road Next Taken, you’ll encounter many side paths filled with challenges and opportunities. Some explore topics and activities you may have thought about over the years, but really didn’t need to examine in detail. Now that you’re on the Road Next Taken, you acknowledge the time to explore these has arrived. To have your very best life to the very end, you need to understand — decide — live it!

If you’re ready to gather up the wisdom and experiences from your life so far, The Road Next Taken classes provide a focus for people aged Fifty Plus who are experiencing the joys and concerns of this unique phase of life. **Choose from the titles below to create your own series.**

A Positive Spin on Aging

Aging is a normal, natural process. How do you make the most of what you've got as you age?

The Day After Retirement

What will your life look like once you don't answer the call of the alarm clock? Let's examine ways to maintain purpose and passion in retirement.

Fifty Plus Travel—Sharing the Wisdom

Travel is high on many people's retirement list. Come together with others to share advice and suggestions that can help shape your travel plans.

Staying Connected

Your job offered you social relationships just by your showing up. Good relationships are critical to healthy aging. Let's discuss ways to stay socially active and connected.

The Internet is Your Friend—Resources for those Fifty Plus

The world wide web is full of valuable resources! Take time to learn about some that are critically important and others that you may find just plain fun.

Being Mortal

Based on the best-selling book by Dr. Atul Gawande, *Being Mortal* is a conversation about what matters most as we approach the inevitable end of our lives. What are your priorities and concerns as you age? How does medicine both contribute to and interfere with what may be important to you? The exploration of these issues can help you live your very best life to the very end. You do not need to read this book prior to taking the class, but doing so is encouraged.

Begin the Conversation

Now is the time to talk about what you define as your personal "very good life to the very end." It's important to Begin the Conversation before a health crisis occurs — and none of us know when and if that might happen. It's better to prepare 10 years too early than one day too late. Explore the three important groups who need to be involved in your conversation. Discover possible approaches to sharing your thoughts with those who need to know what these choices are.

Create Your Health Care Directive

Who would speak for you if you couldn't speak for yourself? That's the concept behind Advanced Care Planning, a guided conversation on about your end of life wishes and preferences. It is a process that identifies what is most important to you concerning quality of life and living. This class will prepare you to develop a Health Care Directive, a written document which describes your choices. Selecting your health care agent, the person who will make sure your wishes are carried out, will be discussed.

Caregiving 101: Prepare to Care

"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers for themselves." Former First Lady Rosalynn Carter is right. If you are between the ages of 50 and 64, it's highly likely that you will be a caregiver for a parent or spouse. While you can't plan for every circumstance, you can

establish a possible road map for caregiving will allow you to survive and thrive in this most challenging of circumstances.

What Matters - and Will Matter Most - in the End

Control with integrity and dignity. As a generation, the 50 Plus crowd has left an indelible mark on the roads they travelled. On the Road Next Taken, they seek to maintain control of their lives, to do things “their way.” How to do this with integrity and dignity, when we truly have no control over where the Road may lead us and how it may end, almost always begins with a conversation on. Classes recommended in this catalog include:

Parenting

Dyslexia

(Audience: children of children at any age) Have a child who struggles to learn to read? One day they seem to get it and the next day it’s not there? Every wonder if there is something else going on? Perhaps the child is dyslexic. At this workshop you will learn what dyslexia is (and combat common misconceptions), the causes and signs of dyslexia, how dyslexia is diagnosed, treated and classroom accommodations that can help dyslexics be successful in and out of the home.

For more information about scheduling 1 hour, ½ or full day professional development programming for your employees contact:

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