



South Bay Corporate & Community Health Promotion

2026 Program Offerings

Health Promotion Workshops

Our workshops focus on positive behavior change to achieve an enhanced level of wellness. The intention of our workshops is to actively engage with the audience to increase knowledge and motivation to make change. We present evidence-based information about the health topics, engage in skills-building activities with participants, and conclude with an action plan and resources. Workshops can be conducted virtually or in-person, as a single session or in multi-session series, and in varied duration.

Mental Health and Well-Being Workshops

- **Brain Fitness** – Learn its importance, engage in exercises, and acquire tips to keep the brain fit throughout the life span.
- **Choose Joy: Your Guide to a Stress-Free Holiday** – Gain skills to manage your stress during the holiday season.
- **Coping with Change** – Build coping skills around uncertainty and times of change, such as new job, marriage, death, new parent.
- **NEW! Dementia & Alzheimer's** – Understand these conditions, recognize symptoms, and learn practical, evidence-based strategies to support brain health.
- **Financial Wellbeing** – Build a healthy relationship with money to gain greater financial freedom and reduce stress.
- **Healing Power of Nature** – Explore the health benefits of blue & green spaces, and nature therapy.
- **NEW! Meaningful Connections** – Foster group cohesion at work and learn how community and connection can be antidotes to loneliness.
- **Power of Meditation** – Learn and practice meditation skills to aid with stress management.
- **Resiliency Skills** – Empower yourself to overcome challenges of all kinds, better handle adversity, and counteract symptoms of burnout.
- **Self-Care for Caregivers** – Protect your own well-being and happiness, particularly during times of stress, while being a caregiver for someone.
- **Self-Compassion** – Learn how to practice self-love to mitigate stress, enhance resilience during challenging times, and take better care of yourself.
- **Sleep Your Way to Better Health** – Review the sleep cycle, sleep hygiene and practice relaxation skills.
- **NEW! Sleep & Women's Health** – Understand how menopause and perimenopause affect sleep, and practice tools to improve sleep hygiene and enhance relaxation for better sleep.
- **Staying Organized** – Learn tips to getting your work life organized for better time management, improved efficiency, and reduced stress.
- **Stress Less** – Explore sources of stress, understand the stress cycle, and practice coping skills.

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Heart Health Workshops

- **Living Heart Healthy** – Become familiar with key healthy behaviors to reduce risk of heart attack and stroke.
- **Pre-Diabetes** – Provide education regarding diagnosis, complications and how to reduce pre-diabetes & diabetes risk.
- **Stroke Prevention** – Understand types and symptoms of stroke, risk factors including blood pressure, and steps to take to prevent a stroke.
- **Take Control of Your Diabetes** – Describe the condition, its diagnosis, and methods for blood glucose control.

Physical Health Workshops

- **Back Care** – Describe basic anatomy, body mechanics, proper posture, and demonstrates simple exercises to avoid pain & keep backs healthy.
- **Beat the Seat! Tips to Energize Your Work Commute** – Learn proper body mechanics, stress reduction, sleep strategies and meal prep short-cuts to help counteract sedentary behavior at work and on-the-go.
- **Break Free: End Tobacco & Nicotine Use** – Learn about tobacco (e.g. smoking, vaping, chewing), the science of dependence, and developing a quit plan.
- **Desk Workers** – Identify effective ways to stay active and healthy while working at a desk.
- **Get Moving!** – Discover the benefits of movement, overcome barriers to physical activity, and create a plan to stay motivated.
- **Good for You, Good for the Planet** – Understand how improvements to your well-being also can help the environment for a healthy planet.
- **Healthy Habits** – Learn how to make healthy habits stick, from eating well to being more active to managing stress, and more.
- **Managing Your Weight** – Adopt healthier lifestyle habits and learn about the fundamentals for long-term weight maintenance.
- **Move Safely at Work** – Learn about repetitive motion injuries and discuss proper posture, body mechanics, and exercises to keep our bodies healthy during the workday
- **Save Your Skin in the Sun** – Explore practices for sun safety, skin protection, and sunscreen labeling.
- **NEW! Screen Time** – Gain tips to manage technology including social media, while engaging in positive behaviors around technology use. Content can be tailored for kids or adults.
- **The Next Step - Exercise at a Higher Level** – Outline comprehensive exercise program to address every aspect of physical fitness: Aerobic, strength, flexibility, stability, and balance.
- **Women's Healthy Aging: The Journey through Menopause** – Delve into perimenopause, menopause and post-menopause. Discuss strategies to manage symptoms and maintain your overall health and wellbeing.

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Nutrition Workshops

- **NEW! Anti-Inflammatory Eating** – Discover foods that reduce inflammation in the body and promote overall health. Includes discussion of diets high in whole plant foods, healthy fats, and fermented items, and that stabilize blood sugar.
- **Building Healthy Meals** – Uncover how to manage your meals from creative ideas about preparing, planning, and organizing your family meals for the week.
- **NEW! Food-Mood Connection** – Understand the concept of nutritional psychology – how food affects your mood – and explore the connection between mind & diet. Includes discussion of diets that lower the risk of mood swings, fatigue, and depressive symptoms.
- **Holiday Eating** – Discuss holiday meals, handling social situations, and staying active during the holiday season.
- **Nourish and Flourish: Healthy Eating Essentials** – Learn the principles of good nutrition for overall health.
- **Pause and Savor. Eating Mindfully** – Learn to be aware of physical hunger and satiety cues to guide your decision to begin eating and to stop eating.
- **Plant Based Eating** – Learn the features of whole food plant-based eating, and how to put it into practice.

Experiential Workshops

Hands-on workshops where you will practice the wellness activity. Gain the confidence to apply it to your life!

- **Chair Exercises: Feeling Fit While Seated** – Guided demonstration & practice of exercises while seated. Available as a single session and multi-session series.
- **Chair Yoga** – Hands-on introduction to yoga practices in a chair. Exercises can be tailored for audience needs.
- **Laughter as Medicine** – Understand how laughter affects our mind-body connection. Practice techniques to promote laughter, enhance team cohesion, and increase joy in your work and personal life.
- **Meditation Practice** – Be guided through a variety of meditation exercises and breathing techniques. Available as a single session and multi-session series.
- ****Virtual Only** Yum! Meal Prep Demonstration** – Recipe preparation combined with nutrition education & action planning. Demonstrations focus on healthy, quick, and easy ideas for your busy lives. Discover ingredient substitutes to suit your tastes! Topic examples: Plant based recipes, lunch ideas, healthy holidays, quick snacks.

Multi-Session Workshop Series

Workshop topics that are conducted as a series. Custom series are available upon consultation.

- **NEW! Lifestyle Medicine Program (7 sessions)** – Address 6 core topics of building a healthy lifestyle – 1) nutrition, 2) physical activity, 3) stress management, 4) sleep, 5) social connections, and 6) avoidance of risky substances, in a group cohort setting. Includes weekly individual coaching.
- **Healthy Weight Series (6 sessions)** – Adopt healthier lifestyle habits and learn about the fundamentals of long-term weight management in a group cohort program. Emphasis on group discussion.
- **Improving Your Sleep Series (4 or 7 sessions)** – In-depth exploration of habits that impact sleep. Practice at-home techniques for better sleep. Conducted as a group cohort program.
- **NEW! Women's Healthy Aging Series** – Multiple sessions that cover menopause & perimenopause, healthy sleep, preventative care, caregiver self-care and stress management. Tailored for women's midlife years.

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Additional Services

- **Be Well Consult** – Bridge care gaps for cancer screenings, vaccines & other preventative measures on individual basis, by chart review.
- **Health Information Table** – Topic-specific information provided by a health educator. Includes interactive activities/games and answering individual questions. Possible topics: Hand washing technique, gentle movement & stretching, gratitude, meditation, physical activity, nutrition, resiliency, sleep, stress management.
- **Coaching for Wellbeing** – Engage in health behavior change through motivational interviewing with a Health Coach. Create an individualized action plan to reach your wellness goals. Available on an individual basis or as a small group session.
- **Screenings** – Assess the health of your employees. Offerings: Biometric, Derma Scan, and Fitness Testing. Refer to Price List for further details and screening package options.