



Wellness programs for the enlightened business.

Sampling of Wellness Session Presentation Topics

Unity Wellness Group's educator network unites the most experienced and talented wellness professionals and presenters in the industry. We can provide mini seminars and lunch and learn talks on dozens of wellness topics. Here are a few ideas. . . .

Health & Pain Management

- Health Management 101
- Ergonomic Education – No Strain No Pain
- Smoking Cessation through Hypnosis – Introduction
- Desktop Yoga

Stress Reduction

- Introduction to Mindfully-Based-Stress Reduction
- Stress Reduction Techniques that Work
- Personal Stress Assessment Audit – Personal Approach to Stress Reduction
- Stress: The Spice of Life or the Kiss of Death?
Stress Reductions Strategies: You Can't Stop the Waves, but You Can Learn to Surf!
- Introduction to Meditation
- Using Power Of Your Breathe To Calm Your Nervous System

Physical Fitness

- Exercise 101 – Why, Where, When?
- Get Moving and Feel Great - Finding your Optimal Fitness Plan (assessment)
- Benefits and Introduction to Mind-Body Exercise

Behavioral Change

- Changing For Good: Closing The Gap Between Knowing and Doing
- Finding Your Motivation to Change
- Goal Setting
- Using Mind-Body Connection to Lose the Bad Habits
- Quitting Smoking Is An Inside Job – Smoking Cessation Using Hypnosis
- Hypnosis for Weight Management
- Hypnosis to Conquer Common Fears (Flying, Public Speaking)

Leadership & Work Performance

- Emotional Intelligence @ Work
- Mindfulness X Factor @ Work
- Meditation for Productivity



Wellness programs for the enlightened business.

Nutrition

- What is A Healthy Diet?
- Nutrition 101
- The Low-Down on High Cholesterol and High Blood-Pressure
- Overcoming Overeating
- The ABC's of Supplements
- The Skinny on Fat
- Fast, Healthy and Tasty Meals and Snacks Dining Out Without Doing Your Diet In!
- Supermarket Savvy Shopping Skills
- How To Lose Weight and Keep It Off
- Heart-Healthy Eating
- Weight Loss Through Hypnosis Introduction
- Am I hungry? Eating with Mindfulness
- The Three Kings: Get Going With Whole Grains, Pass the Protein, Choosing Healthy Fruits and Vegetables
- Some Foods You Should Avoid
- Fitting Healthy Snacks Into Your Diet
- Food Labels: The Ticket to Healthy Eating
- Dining Out and Fast Food Guide
- 8 Keys to Low-Carb Eating
- Lose Weight The High-Fiber Way
- The Secret to Healthy Cooking
- Foods With Low Glycemic Load
- Vegetarian Living With a Non-Vegetarian Diet
- Slim Down at the Supermarket
- Top 10 Budget-Friendly Foods (Healthy Ones!)
- Smart Snack Options to Snack Off the Pounds
- Squelch Those Nighttime Nibbles
- Satisfying Your Sweet Tooth