

Lunch & Learn Topics-cont.

Work-Life Balance

- Caring for the Caregiver - Carol Carbutti; Comfort Keeper
- Preventing (& Managing) Your Family's Health Complaints – Dr. Leigh H. White; Natural Family Health, LLC
- You Don't Have to Leave Work Exhausted! - Solutions EAP
- Finding Balance in the Chaos - Donna Minotti; Covidien

Stress Management

- Connect with Your Breath – Leslie Robinson; Healing Light
- Fun and Fit – Kathy Trusdel; Musicultural Doc
- Stress Reduction Techniques While at Work - Theresa Crisci, LMT; Total-balance Life Choice

Performance & Productivity

- Chair Massage Education & Demonstration – Theresa Crisci, LMT; Total-balance Life Choice,
- Acupuncture for Pain Management - Amy Johnson, ND; Chart Oak Wellness
- Conflict Resolution - Solutions EAP

Ergonomics & Safety

- Ergonomics in the Workplace – Donna Minotti; Covidien
- Feng Shui Your Workspace – Krista Polinsky, CFSP, EMP; Soul Intent, LLC



Our Vision:

To provide resources to educate and empower individuals to implement lifestyle changes to improve overall health and wellness.

Allow us to assist you, your company and your employees to become healthier and more balanced.

A healthy lifestyle impacts every part of your day-to-day work environment.

Company Wellness Programs translate into fewer injuries, less illness, greater productivity and a more harmonious office environment.

They also send the message to the employees that your organization is concerned about their overall health and well-being.

Contact information:

cindy@quinncham.com or

krista@soulintentionllc.com

or call 203-269-9891

Quinnipiac Chamber Wellness Council

You can also get this brochure by going to: www.quinncham.com

What's it worth

- For well over a decade, research has shown the effectiveness of Employee Wellness Programs.
- For every dollar spent on a Corporate Wellness Programs, the returns have resulted in a cost savings of between \$2.30 and \$10.10 in the areas of decreased absenteeism, fewer sick days, reduced claims, lowered health and insurance costs and improvements to employee performance and productivity

Mission:

Educate employers and the community about work/life balance and the advantage of proactive and preventative wellness and healthcare.

Questions and Answers

Q: What are the services that are available to Quinnipiac Chamber members?

A: Quinnipiac Wellness Council provides two specific areas where you as the employer can reach out to your employees.

- The Lunch-and-Learn format is a solution for a non-formal effective session that allows your company to maximize employee's time and energy.

- Informative Health and Wellness Fairs tailored to the needs and interest of your company.

For a complete list of companies and services available for an onsite health and wellness fair contact Krista at krista@soulintentlinc.com or call the QChamber 269-9891.

Lunch & Learn Topics

Heart Health

- Heart Health – Pamela Cretella; MidState Medical
- Movement for Weight Loss/ Management – Donna Minotti; Covidien
- RN Health Coach: Cholesterol – Barbara Katz, RN, MSN; VNA Community Healthcare
- Foods to Lower Blood Pressure - Maryann Meade, MS, RD, CDE, CD-N; Maryann Meade Associates
- Stroke Risk & Prevention - Pamela Cretella; Midstate Medical

Diabetes

- Prevent and Manage Diabetes – Maryann Meade, MS, RD, CDE, CD-N; Maryann Meade Associates
- 10,000 Steps – Barbara Katz, RN, MSN; VNA Community Healthcare
- Sugar Blues - Kelly Ann Matuskiewicz, A Place of Healing

Weight Management

- Holistic Nutrition: Attaining Your Ideal Weight - Kelly Ann Matuskiewicz, A Place of Healing
- Fit for Life Program - Maryann Meade, MS, RD, CDE, CD-N; Maryann Meade Associates
- Decoding Food Labels: Don't Judge a Food by its Package – Joanne Hoffman; Eats For Life

Cancer Prevention

- Eating Your Way to Health: Anti-inflammatory Diet – Dr. Leigh H. White; Natural Family Health, LLC
- Smoking Cessation - Barbara Katz, RN, MSN; VNA Community Healthcare
- Cancer: Risk Factors: Breast, Prostate Self-exams; Testing; Treatments; Support Programs - Pamela Cretella; Midstate Medical

