

UnityPoint Health - Des Moines

Wellness Comes to U



Corporate Education Programs

Wellness Comes to U means we are available to attend your staff meetings, retreats and events to offer a variety of educational presentations and interactive activities. Have an all-day meeting and want us to lead some mid-day stretches? Are you gearing up for a busy time and could use some techniques to manage stressful days? We are here for you!

- **3 Good Things:** *By taking time to reflect and list Three Good Things that happened in your day – and truly considering what caused them – you’re tuning into the source of goodness in your life. This habit can change the emotional tone of your life! Turn feelings of disappointment or entitlement into feelings of gratitude. Studies have shown that this practice is associated with significant increases in happiness. Three good things is a tool by Drs. J Bryan Sexton and Carrie Adair from Duke University using WISER, a web based implementation on the science for enhancing resilience.*
- **Laughter is Medicine:** *A fun interactive presentation that walks you through why we laugh, how it affects us in the workplace and how laughter affects our overall well-being.*
- **Using Humor to Combat Stress:** *Another fun interactive presentation that combines 3 good things and the effects of laughter on the human body. Get ready to laugh and take away some key skills to use in stressful situations.*
- **Stretching & Desk Exercises:** *Learn strengthening and stretching exercises to do at your desk that can be incorporated during break times.*
- **Strength and resistance exercises:** *Strength training is critical for a well-rounded exercise program; the key reason: is that for most of us, nothing in daily life provides adequate stimulation for building and maintaining muscle strength. This class will energize you while you use your body weight or exercise tubes.*
- **Posture IQ:** *Learn how poor posture affects your body and overall health. We will practice simple strategies that you can implement regularly to help you feel your best.*
- **Relaxation Techniques:** *Do your employees need a few minutes to relax? We will provide guided meditation, progressive relaxation or breathing exercises to take time to zone out for a few minutes.*
- **Stress Breaks:** *The stress break is designed to help you breathe, stretch, relax and re-energize. Come dressed as you are and bring towel or mat.*
- **Yoga Classes:** *Take a break with some Yoga poses; creating balance, flexibility, core strength and more. Learn how to incorporate your breath with movement in order to calm your mind and tack the rest of your work day stress free..*

We look forward to working with you to create a great culture of wellness at your company.