

LiveWell Vermont Presentations

- **Fuel and Fitness-Your Way:** Learn how to create a diet and exercise routine that works for your schedule.
- **Natural Remedies:** Explores holistic approaches to common ailments such as acupressure, aromatherapy and biofeedback to complement traditional medicines.
- **Join the Special Club "If You Eat, You're In!"** (Open to everyone who eats!): Learn how to create a nutritious lifestyle!
- **Excuses Don't Burn Calories, But You Can:** Learn how to fit more movement into your day and how to create your own gym routine.
- **Creating Your Wellness Plan:** Guided process of creating a long-term vision of your health and wellness and how to begin to make it happen today!
- **Compassion Fatigue:** Learn how to make self-care a priority when taking care of others saps all your time and energy.
- **Train the Trainer:** Learn how to safely guide a group to do simple stretch, core and/or strength exercises sitting or standing with limited space and time.
- **Fitness Breaks:** 15-30 minutes: Take a break to rejuvenate your body. Get your blood flowing, recharge those batteries and improve your health in the meantime!
- **Mindful Movements-Stretch and Relax:** 15-30 minutes: Take a break to rejuvenate your body. Get your blood flowing, recharge those batteries and improve your health in the meantime!
- **Relaxation Techniques for Decreased Stress and Improved Sleep:** Stress affects us all differently! It makes sense that we need to deal with it in different ways. Let's talk about a variety of techniques that can help reduce stress levels and help you get quality sleep each night!