

Wellness in the Works™

from **Chicago Wellness Magazine**

Mission

Our mission is to compliment and enhance company benefits and wellness programs already in the workplace in an affordable, learning, and enjoyable manner personally tailored to fit client needs and desires.

Focus *Our focus is dedicated to Food, Nutrition, Fitness, Health, Empowerment, Financial Fitness and other Living Concerns.*

Approach *We create programs with real life needs and interests in mind to offer high-value learning opportunities, promote motivating thought, inspire action and provide useful take away skills.*

Expertise *We work hands on with an incredible network of active professionals and affiliates in our focus fields.*

Forums

Our forums are designed to enlighten, energize and entertain and can be scheduled for before work, noon hour and after work time frames, as well as any time throughout the work day. Books, DVD's, topic related products and other items can be included for giveaway with many of our presentations. Some programs may also encompass a prerequisite assignment to participate, such as a time or food journal, or goal setting and personal planning worksheets.

Lectures, Classes & Seminars *In addition to the traditional “lunch ‘n learn” venue, we also present active based lectures where participants can try out a skill or activity for themselves. Classes can be scheduled on a variety of returning bases and seminars are normally presented in a one or two part session format.*

One on One *We believe there is no greater supplement to learning, clarity and personal development than having the opportunity to sit down, One on One with a professional in a specified field of interest. One on Ones can be offered as a single Q&A sit down, or over several sessions for individual evaluation and personal program development. Subsequent coaching, tracking and/or other follow-ups are also available upon request. Our current One on One professional directory includes: Authors, Dietitians, Nutritionists, RN's, MD's, ND's, Alternative Therapists & Practitioners, Social Workers, Fitness Trainers, Professional Organizers, Life Coaches, Motivational Mentors, Benefit Specialists, Financial Planners, and Insurance, Mortgage and Legal Professionals.*

Group Events *We design health fairs and well-specific electives for the employee population and for employee/family events. Planning components may include any of the following: live demonstrations, health tests or screenings, One on One opportunities, vendor booths, cooking venues, activity stages, raffles, goodie bags, et al. Other event services such as site selection, catering, equipment rental, set up/clean up, staffing and marketing can be included if desired.*

Library

An example of our program themes and topics are listed here. All programs are available in lecture, class, seminar and group event settings.

Food & Nutrition All Foods Fit • Food Reviews • Kitchen Stocking
Workplace Food Audit • Quick Cook Meals • Weight Control • Organics
Nutrition 101's • Fast Foods that Work • Label Lingo • Kid Smart Foods

Fitness Workouts for Work Life • Belly Dancing • Strength & Resistance
Tai Chi 101 • Exercise Self Massage • Pilates at Home • Yoga to Go
Golf & Flexibility • Zumba • Kick Boxing • Self Defense • Walk or Run

Empowerment Aura Hygiene • Stress Less • Time Management
Visualization • Gratitude & Forgiveness • Organization • Goal Minding
Laughter Therapy • Obstacles, Shmobstacles • "The Secret" is...

Corporate Culture Series Effective Communications • Team Work
Management Improvement • Enhancing Productivity • Controlling Emotion
Creating a New Image • Workplace Grief & Loss • Stress Busters

Health Disease Awareness • Supplements 101 • Gut Health • De-tox
The ABC's of Stroke Prevention • Shiatsu • Meditation • Chakra Balancing
Back Pain • Holistic Alternatives • Heart Health • Tests & Screenings

Financial Fitness Benefits Tutor • Money & Stress • Debt Relief
Understanding Wills & Estate Plans • The Power of Multiplication Saving
College Funding • Retirement 101 • Financial Fitness Overview & Checklist

Our goal is to work in compliment with current company programs and profiles to effect positive change. We don't have to reinvent the wheel, we just need to give it a nudge or two. – J.J. Rusch, Publisher

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