

**OASSIS Wellness Workshop Topics**  
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*\*new for 2019*

- **Achieving Balance:** Includes strategies for balancing work and personal life and skills to manage stress
- **An Introduction to Mindfulness:** A beginner overview on the topic of mindfulness and its benefits, as well as strategies to incorporate this practice into daily life and examples of different types of mindfulness meditations
- **Back Fitness:** Learn about the mechanics of the back/core, proper lifting techniques and exercises to improve back and core health
- **Nutrition Trends in the Media:** Gluten-free, omegas and detox, oh my! This workshop discusses a variety of popular nutrition topics in the media today and separates fact from fiction.
- **Habits of Highly Well People:** Provides an overview of seven general healthy habits to increase vitality and longevity
- **Healthy Eating & Meal Preparation:** Discusses healthy eating principles and tips to structure and plan quick and nutritious meals
- **Healthy Workplace Relationships:** Encourages the development of positive workplace relationships by providing an overview about communication, acceptance, mindfulness, positivity and boundaries
- **Mindful Eating:** Learn the principles of mindful eating, how it can be beneficial for our health and how to put it into practice
- **Quit the Sit:** Learn the importance of activity in our lives and helpful strategies to incorporate movement every day, with light movement activities throughout the presentation
- **Sleep Sense:** Sleep is vital for good health. This workshop outlines what happens when we sleep, and both short and long term possible solutions for sleep issues
- **Stress Management:** Learn how stress can be both positive and negative, as well as some helpful tips and coping strategies to reduce stress levels
- **The Power of Positivity:** Outlines how we can “learn” to be happy as well as strategies to increase happiness in daily life
- **Your Brain on Food-The Connection between Nutrition and Mental Health:** Outlines the rising field of Nutritional Psychology, the gut-brain connection and current suggestions for healthy eating that may affect mental health

*Please contact Lauren Klacza if there are other topics that might be of interest in your workplace. Presentations can be modified and/or created to fit specific needs and interests.*