

Fitness, Movement & Mobility

Energy, Injury Prevention,
Movement for Longevity

Better Biomechanics

Sit, Lift, Bend & Twist to Improve Health, Decrease Pain & Increase Mobility

Repetitive movements paired with poor postural habits can lead to imbalances in the body and chronic pain. Come and learn how mindful sitting, lifting, bending and twisting can help to reduce your risk of injury, establish healthier movement patterns and heal aches and pains.

Find Your Flow

Supportive Strategies to Win the Day at Work & Home

What is flow? How do you find it? What are the benefits? As working adults who wear many hats, let's collectively uncover several simple ways to leverage time, energy and talents all day long. By finding and staying "in the zone" you might just find that energy goes up and distress goes down – and that's how we win the day at work and home. Join us for meaningful discussion around this trending topic. Hope to see you there!

Love Your Heart

Explore the Heart-Brain Connection & Other Healthy Heart Habits

In celebration of **American Heart Month**, join us to learn more about mind/body connection and the powerful relationship between your heart and brain. Additionally, we'll review several incredible ways your lifestyle can best support heart health all year long.

Minds in Motion

Explore the Incredible Impact of Exercise on the Brain

Movement can powerfully and positively impact the brain and how it functions. Researchers have linked movement patterns and aerobic activity to improved creativity, focus and cognitive function. Be inspired to exercise for the benefit of feeling better, not just looking better, while supporting brain health and cognitive function as you age.

Swing Into Action

Tactics to Stay Motivated, Effective, Efficient & Action-Oriented

There's a saying that "the best motivation is action." Join us to discover tactics for driving urgency, impact and results by taking imperfect and relentless action. This session uncovers the dangers of getting stuck in the cycle of overthinking, i.e. knowing the big benefits of the goal at hand yet still not taking that first step. Let's look at how to adopt a satisfying, high-performance day characterized by less overthinking and more doing, being and achieving!