



2016 Lunch n Learn Training Schedule

Classes are available in 30 or 60 minute formats.

Ambassadors choose the time that works best for their location.

Date	Hosted By	Instructor	Topic	Available Time Frame	Description
Monday, February 01, 2016	Planet Fitness		Stay active while working at your desk	12pm-2pm	
Wednesday, February 03, 2016	Presbyterian	Heidi Vigil, MS	Break Through Barriers and Achieve Your Goals	11am-1pm	What is your vision? Do you know what it takes to achieve your goals? This training will provide you with goal setting tips and behavior change strategies to help you break through barriers and challenges that may come with changing behaviors.
Wednesday, February 10, 2016	Nuvita	Ana Barreras, MS, RD	Nutrition Education and Meal Ideas	11am-1pm	
Friday, February 12, 2016	Sports & Wellness		TBD	11am-1pm	
Wednesday, February 17, 2016	Presbyterian	Raquel Williams, MS	Fitness Happens	11am-1pm	Getting fit really can happen! However, it happens faster if you know what to do. Fitness is not just about looking good, it's about feeling good as well! Learn how to reap the maximum benefit of exercise by designing, efficient and effective workouts!
Wednesday, March 02, 2016	Presbyterian	Jennie McCary, MS, RD	Easy Weekday Meals	11am-1pm	This presentation will offer tips to bust out of the dinner rut. Participants will learn ways to take the stress out of meal planning, including ideas for quick weekday dinners for professionals and kid-friendly lunches and snacks for busy families.
Monday, March 07, 2016	Planet Fitness		How to workout during your lunch time	12pm-2pm	
Friday, March 11, 2016	Sports & Wellness		TBD	11am-1pm	
Thursday, March 10, 2016	Nuvita	Jose Maresma-Fois, MS	Mind and Body Connection	11am-1pm	
Monday, April 04, 2016	Planet Fitness		Stay active while working at your desk	12pm-2pm	
Friday, April 08, 2016	Sports & Wellness		TBD	11am-1pm	
Wednesday, April 13, 2016	Nuvita	Kim Kavasch	Workout Recipies for "Time in Zone"	11am-1pm	
Wednesday, April 13, 2016	Presbyterian	Patricia Rodan	Desk Stretch	9am-11am	Standing or sitting for long periods of time can take a toll on your muscles. To prevent or reduce stiffness and pain, try simple office stretches that can help you throughout the day.
Monday, May 02, 2016	Planet Fitness		How to workout during your lunch time	12pm-2pm	
Friday, May 13, 2016	Sports & Wellness		TBD	11am-1pm	



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Wednesday, May 18, 2016	Presbyterian	Raquel Williams, MS	Physical Fitness, a Lifelong Concept	11am-1pm	If exercise is the fountain of youth and a way to maintain health, why is it so hard to fit into my busy schedule? The experts say to view it as a form of pleasure, but while you are on the Stairmaster all you can think of is how miserable you feel. Uncover the mystery by looking at your mental view of exercise and learn how to break the cycle of negative thinking.
Wednesday, May 18, 2016	Nuvita	Ana Barreras, MS, RD	Nutrition Education and Meal Ideas	11am-1pm	
Monday, June 06, 2016	Planet Fitness		Stay active while working at your desk	12pm-2pm	
Friday, June 10, 2016	Sports & Wellness		TBD	11am-1pm	
Wednesday, June 15, 2016	Nuvita	Jose Maresma-Fois, MS	Mind and Body Connection	11am-1pm	
Friday, July 08, 2016	Sports & Wellness		TBD	11am-1pm	
Monday, July 11, 2016	Planet Fitness		How to workout during your lunch time	12pm-2pm	
Monday, August 01, 2016	Planet Fitness		Stay active while working at your desk	12pm-2pm	
Wednesday, August 10, 2016	Presbyterian	Raquel Williams, MS	Exercise is the Key to Weight Loss	11am-1pm	THERE ARE 168 HOURS IN A WEEK....YOU ONLY NEED 3 TO LOSE WEIGHT! Whether you are new to Fitness or a serious Athlete...there is always room for improvement when it comes to fitness! Nutrition is important but exercise is the key to becoming lean.
Friday, August 12, 2016	Sports & Wellness		TBD	11am-1pm	
Friday, September 09, 2016	Sports & Wellness		TBD	11am-1pm	
Monday, September 12, 2016	Planet Fitness		How to workout during your lunch time	12pm-2pm	
Wednesday, September 14, 2016	Presbyterian	Raquel Williams, MS	Blood Pressure Basics	11am-1pm	High blood pressure is a silent killer that -- if left untreated -- can lead to stroke, heart attack, heart failure or kidney failure. What does this measurement mean? How does it affect my health? How can I control it? Learn the answers to these questions and how you can make positive health behavior decisions that affect blood pressure?
Monday, October 03, 2016	Planet Fitness		Stay active while working at your desk	12pm-2pm	

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Friday, October 14, 2016	Sports & Wellness		TBD	11am-1pm	
Wednesday, October 19, 2016	Presbyterian	Heidi Vigil, MS	Getting Better Sleep	11am-1pm	Taking a look at sleep hygiene and how this can help with sleep and even weight loss. Learn some techniques that will help you catch some ZZZs.
Monday, November 07, 2016	Planet Fitness		How to workout during your lunch time	12pm-2pm	
Wednesday, November 09, 2016	Presbyterian	Raquel Williams, MS	Understanding Your Cholesterol Numbers	11am-1pm	What is good cholesterol? What is bad cholesterol? And what do these numbers actually tell us? Find out what your current numbers mean to your health, what to do if your numbers are not in a healthy range or if you have a family history of heart disease. Learn the role that diet, exercise, and stress management play in achieving healthy cholesterol levels, and why healthy levels are important.
Friday, November 11, 2016	Sports & Wellness		TBD	11am-1pm	
Monday, December 05, 2016	Planet Fitness		Stay active while working at your desk	12pm-2pm	
Wednesday, December 07, 2016	Presbyterian	Heidi Vigil, MS	Get Moving and Manage Stress	11am-1pm	Discover the connection between exercise and stress relief — and why exercise should be part of your stress management plan.
Friday, December 09, 2016	Sports & Wellness		TBD	11am-1pm	