

# 5

## 5 Pillars of Health and Wellness




BWS = Benefit Workshop Series    MLHP: Main Line Health Presents    NFF = Nutrition for Fitness    NW = Nutrition Workshop

### MOVEMENT *Move Well, Often, and With a Purpose*

Boost Your Health (*September*)  
 Building an Effective Exercise Routine (*June*)  
 Debunking Health and Wellness Myths and Misconceptions (*July*)  
 Healthy Lifestyle Management (*May*)  
 Live Smart for a Healthy Heart (*February*)  
 Move More (*January*)  
 Myofascial Release Workshop (*June*)  
 Optimizing Exercise As You Age (*August*)  
 Perfect Your Posture (*February*)  
 Preventing Injury During Exercise (*November*)  
 Proper Exercise Technique (*April, December*)  
 Work Space Ergonomics (*April, December*)



### HEALTH CHECKS *USLI Health Benefits/Prevention*

Alzheimer's Disease: The Basics (*September*)  
 Blood Pressure and Your Health (*May*)  
 BWS: Understanding Cholesterol (*September*)  
 Canada: Learn About Your Consult, Your EAP and Mental Health Services (*April*)  
 Canada: Your Supplementary Medical Benefit Package (*July*)  
 CPR Basics (*e-learning*)  
 Curalinc Supportline EAP (*September*)  
 Infant and Child CPR and Choking (*January, e-learning*)  
 Live Smart for a Healthy Heart (*February*)  
 Lower Your Stress by Increasing Your Health (*March*)  
 People's College Mental Wellness Degree Overview (*January, June*)  
 People's College Wellness Degree Overview (Branch/Canada only) (*February, May, November*)



#### • • • U.S. ONLY • • •

BWS: Dental and Vision Benefit (*April*)  
 BWS: Teladoc (*February, August*)  
 BWS: Mental Health, Emotional Awareness and Your Benefits (*October*)  
 BWS: GoodRX and Your Prescription Benefits (*March*)  
 Flu Shots 2024 (September, October)  
 Mammogram Van 2024 (*November*)  
 Open Enrollment 2024 (*April/e-learning*)  
 People's College Wellness Degree Overview (*February, May, November*)  
 BWS: Navigating Your Personal Choice Plan (*March*)  
 BWS: Submitting an Out of Network Claim (*April*)

### NUTRITION *Eat Whole, Real Foods (Keep It Simple)*

All About Antioxidants (*August*)  
 Boost Your Health (*September*)  
 Debunking Health and Wellness Myths and Misconceptions (*July*)  
 Healthy Habits (*January*)  
 Healthy Lifestyle Management (*May*)  
 Live Smart for a Healthy Heart (*February*)  
 NFF: Boost Your Metabolism (*July*)  
 NW: Grocery Game Plan (*February*)  
 NW: Strategizing Your Healthy Lifestyle (*November*)  
 Sugar Detox (*February*)  
 Vitamins and Supplements: Food First (*September*)



## MINDFUL LIFESTYLE *Awareness/Positivity/Gratitude/Peace of Mind*

Be Present: A Meditation Workshop *(January, May, November)*  
 Boost Your Health *(September)*  
 Budgeting 101: The Important First Step *(March, August)*  
 Budgeting and Saving/Importance of Credit *(December)*  
 Canada: Canada Life Employee Website Demo *(March, August)*  
 Canada: Learn About Your Consult, Your EAP and Mental Health Services *(April, October)*  
 Canada: Your Retirement and Profit Sharing Plans *(June, November)*  
 Curalinc Supportline EAP *(September)*  
 Fiscal Parenting: Investing in Your Child's Future *(January)*  
 Healthy Habits *(January)*  
 Lower Your Stress by Increasing Your Health *(March)*  
 MLHP: Addiction *(e-learning)*  
 MLHP: Anxiety and Depression *(e-learning)*  
 MLHP: Children and Mental Health *(e-learning)*  
 MLHP: Developing and Maintaining a Healthy Relationship With Food *(e-learning)*  
 MLHP: Mental Health and How It Relates to YOU *(e-learning)*  
 MLHP: Mental Health Awareness *(e-learning)*  
 MLHP: Mental Health Q&A *(e-learning)*  
 MLHP: Self Care — Maintaining Energy and Boosting Mental Health *(e-learning)*  
 MLHP: Self-care — Supporting Yourself and Others With Mental Illness *(e-learning)*  
 MLHP: The Impact of COVID-19 on Mental Health *(e-learning)*  
 MLHP: Understanding Trauma *(e-learning)*  
 Mindfulness for a Successful Life *(February, June, November)*  
 Positive Thinking, Positive You *(June, October)*  
 Raising Happy, Healthy Kids *(May)*  
 Social Media Safety Tips for Families *(May, October)*  
 Stress Management: Tools to Decrease Stress *(February, May, October)*

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401k Information Sessions *(April, December)*  
 401k: Compounding and the Benefits of Starting Early *(June)*  
 Advanced Retirement Concepts *(August)*  
 BWS: Travel Insurance *(March)*  
 BWS: Voluntary Benefit Options *(February)*  
 BWS: Maternity, FMLA and Short-term Disability *(June)*  
 BWS: Understanding Life Insurance *(October)*  
 FMLA, STD and Leave for Leadership *(March, November)*  
 Grad Fin Presents: Student Loans *(April)*  
 Haverford Trust Presents: Investing 101 *(February)*  
 Haverford Trust Presents: Retirement Income Planning *(March)*  
 Leadership Training: Knowing Our Mental Health Resources and Tools *(February)*  
 Medicare 101 *(March)*  
 M&T Bank: Estate Planning *(April)*  
 M&T Bank Presents: Path to Ownership *(June)*  
 M&T Bank: Fraud and Identity Theft *(August)*  
 M&T Bank: Credit Scores and Reports *(November)*  
 Pillars of Health and Wellness *(March, December)*  
 Social Security and Retirement Benefits *(May, October)*  
 Tuition Assistance Plans, 529 Plans and Other Options *(September)*  
 What's Your Social Security Strategy? *(July, October)*



## REST AND RECOVERY *Re-energize/Restore/Renew*

Boost Your Health *(September)*  
 Healthy Lifestyle Management *(May)*  
 Myofascial Release Workshop *(June)*  
 Perfect Your Posture *(February)*  
 Preventing Injury During Exercise *(November)*  
 The Power of Healthy Sleep Habits *(December)*  
 Stress Management: Tools to Decrease Stress *(February, May, November)*

