

Wellness Workshops

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Mind/body strategies to resist colds and infections

Research shows that people who report higher levels of stress or negative moods develop more severe illness than those who report less stress. With the cold and flu season on the way, come and learn how you can use mind/body strategies to increase your resistance to infections!

Sleep Soundly

According to a national survey, 36% of adults experience sleep problems. Learn self-care techniques for better sleep, so you can be less irritable with colleagues and family, more creative and energetic, improve your memory and concentration, and avoid injuries!

Time to Relax – and Get Away from it All!

Wouldn't it be nice to run away from everything that bothers you? The 'fight or flight' syndrome is a common response to stress. Learn and enjoy relaxation exercises that take you on a mini-vacation, without ever leaving your seat. Activities include guided imagery, breathing exercises, and an opportunity to create your own "favorite place" relaxation exercise.

Quick and Easy Relaxation to Reduce Stress

Be refreshed and more resilient to aggravation, annoyance, busy schedules, and life's challenges. Try different ways to relax, some new and some ancient. Program activities may include self care techniques from reflexology, guided imagery, breathing exercises, meditation, gentle movement, and therapeutic music listening.

Safely Using Herbs and Supplements

Herbs and dietary supplements may be wonderful additions to your wellness plan, but only if used safely and with know-how. If you have heart disease, diabetes, liver disease, allergies, or any other chronic illness, you need the facts! Learn what you and your doctor need to know, hear about the benefits and cautions of several common herbs, and see examples of teas, tinctures, fresh herbs, lotions, capsules, and essential oils.

Time Management

Is there ever enough time for everything we want to do? Learn how to evaluate your own needs and challenges, and gain tips to enhance your efficiency and effectiveness. Take away specific ideas for delegating, meetings, getting organized, controlling your schedule, and clutter busting.

Creating Order Out of Chaos

Get more done *and* reduce your stress with enhanced organizational skills. Learn how to identify your organizational style, and take away tips for prioritizing your to-do list, arranging workspace (or home-space), and staying focused.

How to Attain Your Health and Wellness Goals

Most of us have good intentions to improve our health, but putting plans into practice can be challenging. Learn successful tips to release self defeating attitudes, thoughts, and worries. Experience how you can visualize your success and use positive affirmations to keep you focused on your goals. Program activities include proven health behavior change suggestions, guided imagery, and useful affirmations.

Greater Productivity with Guided Imagery

Clear your mind of clutter, replace fatigue with energy, and enhance your performance. Experience guided imagery, and learn more about this gentle evidence based way to relax.

Serenity for the holidays

You know what's coming. Shopping, cooking, late nights, and busy days. Before it begins in earnest, enjoy some serenity and learn how to relax. Learn to enjoy the sacredness of this special time of year.

The Lyman Center

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