



NATIONAL WELLNESS MONTH

BE WELL WORKSHOP SCHEDULE

Habit Based Health

Date: Wednesday, August 3

Time: 12 pm – 1 pm

Location: Exercise Studio (Mansfield Community Center)

21 days at a minimum to establish a new habit! What happens when you try to overhaul your health, eating, sleeping and exercise all at once? How can you create habits that are effective for you, no matter your goal? Come to this seminar for immediate hints and suggestions that you can put into practice that day. Please sign up by emailing be_well@mansfieldct.org or by logging onto your wellness portal and registering under the EVENTS tab.

Ten Steps to Mindfulness through Meditation

Date: Tuesday, August 9

Time: 4:30 pm – 5:00 pm

Location: Exercise Studio (Mansfield Community Center)

Did you know that mindfulness meditation has numerous benefits such as reducing stress and centering our minds to be more productive and alert? Spend a ½ hour learning 10 quick and easy steps to incorporate mindfulness into your day through a simple meditation practice. Please sign up by emailing be_well@mansfieldct.org or by logging onto your wellness portal and registering under the EVENTS tab.

Yoga and Stretch at Your Desk / Classroom

Date: Tuesday, August 16

Time: 12 pm – 12:30 pm

Location: Exercise Studio (Mansfield Community Center)

Learn and practice 8-10 yoga positions that can be done at your desk or with your students to increase energy levels, refocus attention, and increase reflection and patience. Please sign up by emailing be_well@mansfieldct.org or by logging onto your wellness portal and registering under the EVENTS tab.

Tips for Fitting Fitness into Your Busy Day

Date: Thursday, August 25

Time: 4:30 pm – 5:00 pm

Location: Exercise Studio (Mansfield Community Center)

Walk away from this workshop with practical tips, quick workout samples, and other activities to fit fitness into every day! Please sign up by emailing be_well@mansfieldct.org or by logging onto your wellness portal and registering under the EVENTS tab.