



The following workshops can be scheduled with WorkWell NYC by clicking [here](#).



## General Sessions

- **WorkWell 101** - An introduction to WorkWell NYC programs and resources available to City employees.



## Healthy Eating

- **Nutrition 101** - Explore the basics of healthy eating and learn how to make lifestyle changes to eat healthier.
- **Favorite Meals Made Healthy** - Learn how to make healthy swaps to your favorite meals to keep them joyful and delicious.
- **Eating Healthy on a Budget** - Discover ways to budget, plan, and use what you have to make healthy, yummy, and affordable meals.
- **Cooking Demonstrations** - Take a virtual journey into the kitchen of our trained chefs to learn how to make healthy, easy recipes from wherever you are. Participants can cook along or watch and learn. Available cooking demonstrations include:
  - Use What You Have: "Kitchen Sink" Frittata - Learn how to maximize what you have on hand to minimize food waste. (45 minutes)
  - Chop It Up: Avocado Corn Salad - Learn how to sharpen your knife skills to chop vegetables safely and quickly. (45 minutes)
  - Eat the Rainbow: Sweet and Spicy Noodles - Learn about the importance of colorful foods in a healthy diet. (45 minutes)
  - Dress it Up: Sweet and Savory Watermelon Salad - Learn the flavor formula to make homemade dressing and a restaurant-quality salad. (45 minutes)
  - Crunch Your Cravings: Crispy Cauliflower and Chickpea Tacos - Learn healthier ways to satisfy your cravings for crunchy and crispy foods. (90 minutes - best for after work)
  - Veggie Pizza Party: Butternut Squash, Arugula, and Onion Pizza - Learn how to make quick-rise pizza dough at home for a healthy, hearty takeout makeover. (90 minutes - best for after work)

# WORKWELL NYC WORKSHOPS



## Prevention and Primary Care

- **High Blood Pressure: the Silent Killer** - Learn the risks and health impacts of high blood pressure and understand how to prevent and treat this dangerous condition.
- **Are You at Risk? The Facts About Preventing Diabetes** - Learn more about type 2 Diabetes and what you can do to reduce your risk and lead a healthy lifestyle.



## Physical Activity

- **Get Moving! The Beginner's Guide to Getting Active** - Discover simple ways to incorporate fitness into your life. All activity levels welcome!
- **Self Massage** - Learn self-massage techniques to relieve stress, relax sore muscles, and improve blood flow.



## Mental Well-Being

- **Introduction to Mindful Meditation** - Learn meditation techniques for relaxation and stress reduction. All levels welcome!
- **Creating Supportive Connections** - Learn how supportive connections can aid in stress management, and steps you can take to strengthen your social network.
- **Mindfulness Matters** - Learn different ways of cultivating mindfulness and integrating it into your daily self-care practice.
- **Sleep Soundly** - Learn about the connection between sleep and mental health, various sleep disorders, and strategies for improving your sleep quality.
- **Establishing Work-Life Harmony** - Learn how to create more harmony in your life by maximizing leisure time, pacing work schedules, and setting boundaries to avoid burnout.
- **Mindful Journaling** - Learn and practice tips and tricks for mindful journaling to expand creativity and meaningful change in our lives.