

John Muir Health Employer Webinars 2023

- The Art of Mindful Eating
- Body Aches & Pains: Injury Prevention for the Recreationally Active Adult
- Caregiving Burnout: Caring for your Loved One, Caring for Yourself
- Common Workplace Injuries
- COVID-19 Education – Stay up to date!
- Diabetes Workshop: The Basics
- Easing Inflammation
- Eat Healthy on a Budget
- Ergonomics, Back Health & Safety
- Guided Imagery Relaxation Session
- Healthy Cooking with Trader Joes and Costco
- Healthy Eating on the Run
- Healthy Gut, Healthy You
- How a Dietitian Tackles the Grocery Shopping
- Importance of Core Stability and Balance
- Intermittent Fasting & Other Nutrition Hot Topics
- Long Covid & Clinical Implications
- Medicare 101 Education Session
- Micro Workouts – Working Out Efficiently
- Mind Body Connection
- Mobility & Flexibility for Desk Workers
- Natural Immunity: Nutrition and Lifestyle Tips to Stay Healthy
- Nutrition Tips to Increase Metabolism
- Pre-Diabetes – And How to Prevent Type 2 Diabetes
- Stretch at Your Desk
- Sugar Shock – How Added Sugars Play a Role in your Health
- Take Control of your Anxiety – All About Acceptance and Commitment Therapy
- Taming Your Cravings
- Understanding Burnout
- Vitamins, Minerals, Placebos, Oh My! All About Supplements
- Workstation Design

Additional Seminars and Webinars Can Be Developed Upon Request. Please contact us for more details.

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Employees are eligible to participate regardless of their health plan or provider. John Muir Health acts as a third party, ensuring participant privacy and trust.

