

Healthy workers are just good business!

Michigan State University (MSU) Extension provides Michigan employers with the information and training they need to promote healthy lifestyles to employees and their families. Our menu of programs focuses on improving healthy lifestyle behaviors, reducing the risks of chronic diseases, increasing social-emotional health, and preparing, handling and storing food safely.

In addition, our worksite wellness coordinator is available to lead the Work@Health program. Work@Health is a comprehensive workplace health training program created by the U.S. Centers for Disease Control and Prevention that helps employers develop the capacity to build or enhance a science-based workplace health program. The program offers science-based prevention and wellness strategies that principally address chronic health conditions such as heart disease, stroke, cancer, diabetes, arthritis and obesity.



Contact

To get started on a worksite wellness program that's right for your business, contact worksite wellness coordinator Dawn Earnesty at wilcoxd4@anr.msu.edu.

MSU Extension's

Worksite Wellness **MENU** of Services



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MSU EXTENSION'S

Worksite Wellness Menu of Services

ABCs of Bullying Prevention

\$150 for half-day workshop

A workshop for adults who live with, care about and work with young people. Participants explore the types of bullying affecting their communities. Includes bullying, bias and harassment through the lens of differences; strategies for addressing these complex issues at multiple levels; and resources that can be used in community settings.



RELAX: Alternatives to Anger

\$150 for half-day workshop or \$300 for full-day workshop

Through discussion and skill-building activities, participants explore what anger is and what triggers it. This interactive program teaches participants techniques for calming down and de-stressing, the principles of problem-solving, effective communication skills, and ways to forgive and let go of the past.



Stress Less with Mindfulness

\$150 for half-day workshop or \$300 for full-day workshop

An introduction to the practice of mindfulness to reduce stress, depression and anxiety. Five, one-hour lessons instructed from a comfortable, relaxing environment focus on:

- » Increased flexibility responding to stress.
- » Alternative methods of relating in everyday life experiences.
- » Self-care skills to feel better and enjoy life more.

Four-Hour Food Preservation

\$50 per person with minimum of 10 people

Training for community food handlers on skills and techniques for proper food preservation in an effort to decrease foodborne illnesses. Participants receive high-quality, certified training on hot water bath and pressure canning, freezing, and making jams and jellies. Recommended practices follow the U.S. Department of Agriculture guidelines for safe food preservation.

Eat Healthy, Be Active

\$30 per person with a minimum of 10 people

This evidence-based series of six lessons promotes healthy options that help to reduce obesity risks and major chronic diseases. The program helps adults learn the skills they need to make healthy eating and regular physical activity part of their lifestyle.



Ten Tips to a Great Plate

\$100 for 60- to-90-minute workshop

Making food choices for a healthy lifestyle can be as simple as using these 10 tips. Use the ideas in this presentation to balance your calories, choose foods to eat more often and identify foods to eat less often.

My Way to Wellness

\$10 per person

This online, interactive intervention emphasizes healthy habits. Participants learn what their own nutritional and physical activity needs are, goal-setting, fat and sugar facts and meal planning. In addition, they learn how to build a healthy plate, read food labels, incorporate fruits and vegetables into their diet, and balance energy expenditure with calorie intake.



Dining With Diabetes

\$50 per person with a minimum of 10 people

For individuals diagnosed with type 2 diabetes and their family support members, this series of five community workshops includes research-based education, food demonstrations and healthy food tasting opportunities. Participants learn the skills they need to make healthy food choices and incorporate balanced menus into their family meals.



Diabetes Prevention Program

\$450 per person with a minimum of 10 people

Individuals who have been diagnosed with prediabetes or have established risk factors for type 2 diabetes can attend these 16 weekly sessions focused on adopting healthy lifestyle (nutrition, physical activity and environmental) changes. The weekly series is followed by six to eight monthly follow-up sessions. Participants develop structured, healthy lifestyle habits that will help reduce the risk of type 2 diabetes.



Personal Actions Toward Health (PATH)

\$30 per person with a minimum of 10 people

Through six weekly sessions, PATH equips participants with the skills and tools they need to face the daily challenges of living with chronic conditions such as diabetes, heart disease, asthma, arthritis and pain. Participants learn about goal-setting, dealing with pain and fatigue, communicating with health care professionals, managing medications and more. The training can also focus specifically on diabetes or chronic pain.