



Kansas City



A HEALTHIER YOU

WELLNESS ENGAGEMENT PROGRAMS

A HealthierYou™ wellness opportunities keep your employees focused on good health and create a healthy workforce.



Being engaged is the first step to change and a part of everyday life.

RECORDED SEMINARS



PHYSICAL ACTIVITY

Exercise Smarter, Not Harder

Review different types of exercises to maximize your workouts and explore different tools to make getting active more realistic.

[View Recording](#)



STRESS MANAGEMENT

Building Personal Resiliency

Learn the characteristics of and skill development to become a resilient person.

[View Recording](#)

Stress Less, Sleep Better

Build resilience in these challenging times by focusing on mindset, meaning, connection, and self-care.

[View Recording](#)



NUTRITION

Hot Topic Nutrition Trends

Discover a holistic approach to understanding your metabolism, what plan might work best for you and review current nutrition trends.

[View Recording](#)



TOBACCO CESSATION

Tobacco Cessation

Identify different strategies and techniques for quitting and dealing with relapse. Learning new healthy habits to plan your quit date with success.

[View Recording](#)

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