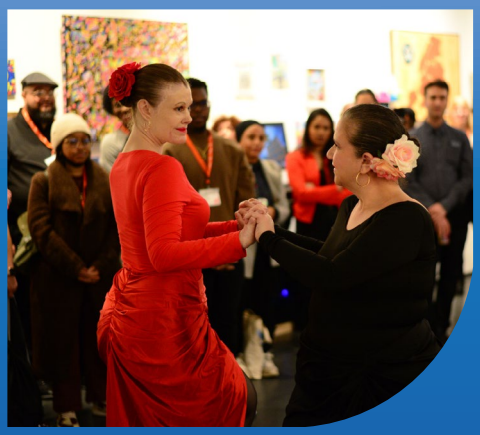
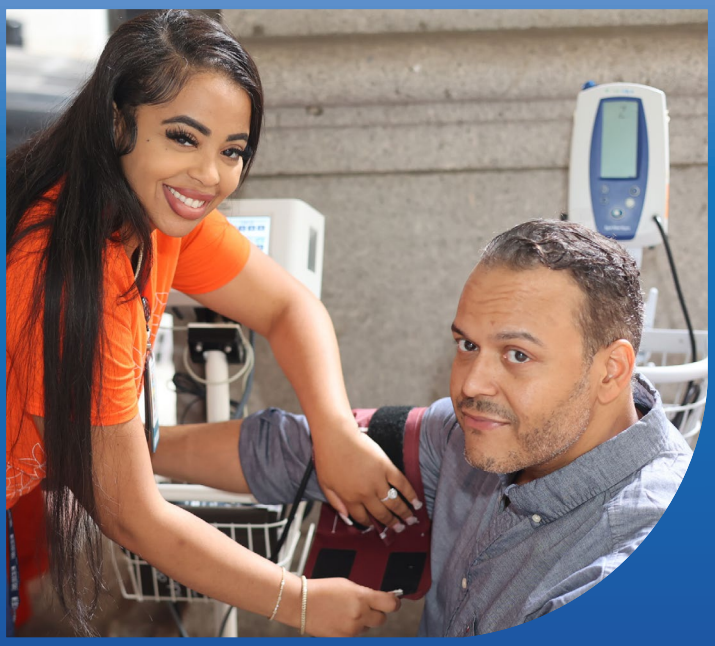
WorkWell NYC 2026 Worksite Workshops





10 YEARS OF WELLNESS | WorkWell NYC

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WorkWell NYC's Mission

WorkWell NYC is the official citywide worksite wellness program for the City of New York.

Our mission is to create workplaces that engage and empower NYC's 350,000 employees to live healthy, active lifestyles by providing health and well-being services, programs, and resources tailored to our workforce.

Overview

WorkWell NYC offers programming, including workshops, in five areas:

- Mental Resilience
- Physical Activity
- Health Equity
- Healthy Eating
- Prevention and Primary Care

We work with agency liaisons who act as Ambassadors and Champions to identify, plan and implement wellness programs that meet the needs of their workplace.

These liaisons are supported by agency Executive Wellness Sponsors who advocate for wellness at the agency level.

Together, we create a **Culture of Health** within City agencies where health is a shared value.

Connect with your workplace wellness network

- Find your agency **Ambassadors**, who can request workshops, on this **list**. Want to become an Ambassador? Use this **link** to sign up.
- If you need support selecting or promoting a workshop, find your agency **Champions** by emailing **ebonie.brown@olr.nyc.gov**.
- If you need agency-level support for a workshop, find your agency Executive Wellness Sponsor (EWS) by emailing **ambonu@olr.nyc.gov**.

Introduction

Workshop Goals

WorkWell NYC Ambassadors are invited to **request a wellness workshop** for their worksite. The goals of offering these interactive workshops are to:

- Enhance wellness at the workplace.
- Provide educational and enrichment programming.
- Foster feelings of community through shared learning.

View the **Workshop Names and Descriptions** to explore the workshop titles, details, and learning objectives. Workshops may change depending on facilitator availability.

Workshop Formats

WorkWell NYC workshops are offered in three formats: Virtual, in-person, and hybrid. We refer to the key contacts for workshops as follows:

- **Virtual:** Held online using a video conferencing link. WorkWell NYC provides a Zoom link or the worksite can use their own platform.
- **In-Person:** Held at the worksite. The Workshop Coordinator is responsible for reserving the room and setting up the space.
- **Hybrid:**
  - The instructor leads the session online while the worksite hosts an in-person space for staff to join together.
  - Attendees can choose to participate in-person or virtually.
  - WorkWell NYC provides a Zoom link or the worksite can use their own platform.
- **Workshop Coordinator:** A WorkWell NYC staff who manages workshop planning and support.
- **Worksite Contact:** A site staff who handles RSVPs, setup, and promotion.
- **Workshop Facilitator:** The instructor or expert who leads the workshop.

Please note:

Any virtual or hybrid workshop with a video conferencing link will be added to our **Open Workshop Calendar**. This allows all Ambassadors to see upcoming workshops and help promote them to staff, especially helpful for smaller worksites that may struggle to meet the 25-person minimum.

Before submitting a new request, please check the Open Workshop Calendar to see if the same workshop is already scheduled.

How to Host a WorkWell NYC Workshop

Steps	Details
1. Submit Workshop Request Fill out the form at on.nyc.gov/workshops	• Submit 6–12 weeks before the desired date. • Ambassadors can request one workshop per worksite per month.* • Workshop Coordinator will confirm within 2 weeks. • Kindly include accommodation/support needs.
2. Workshop Request Limits	• No last-minute requests. • For recurring series or wellness weeks, only one workshop can be scheduled through WorkWell NYC. • Use on-demand resources or the vendor directory for additional sessions.
3. Receive Confirmation via calendar invite and email	• Includes: Date, time, instructor name, 2 worksite contacts, address/ meeting link, any other logistics. In-person: Address/location Virtual: Video conferencing platform and link Hybrid: Follow the in-person and virtual process
4. Update Communication Materials	• Customize email and flyer templates with updated details like conference room info, meeting link, date/time. • Workshop Coordinator provides email and flyer templates.
5. Promote the workshop and recruit participants	• Find creative ways to promote the workshop using this marketing tool. • Engage your Ambassadors and Champions to increase enrollment.
6. Collect RSVP Information	• All workshops require a minimum of **25 registrants** or RSVPs at least **five business days** before the scheduled date. • If the 25-person minimum is not met, WorkWell NYC will recommend rescheduling or canceling the workshop. In-person: RSVPs should be collected by the worksite contact by creating a list of names and emails of interested attendees. Virtual: Attendees must RSVP by registering through an agency-provided link or WorkWell NYC's unique link. If provided by WorkWell NYC, no RSVP submission is needed. Hybrid: Follow the in-person and virtual process.
7. Day of Workshop – Setup	• Ensure the meeting room and/or virtual workshop is prepared **15-30 minutes** before the workshop start time. In-person: Reserve the meeting room, set up equipment, submit instructor name to security, and prepare a sign-in sheet. Virtual: Join 15 minutes early to greet the instructor and check audio/video. Attendees join via their unique meeting link provided after registering. Hybrid: Follow the in-person and virtual process.

How to Host a WorkWell NYC Workshop

Steps	Details
8. Day of Workshop – Execution	• Ensure room and technology are fully ready before starting. • Worksite contact should stay and model active participation. • For hybrid, manage both in-person and virtual process.
9. Attendance Reporting	• Sharing registration and participation data is essential to help WorkWell NYC continue offering wellness programs. **In-person:** Submit an Excel file with: 1. Names 2. Emails 3. Total number of registrants. 4. Total number of attendees. **Virtual:** If using an agency-provided link, submit an Excel file with: 1. Names 2. Emails 3. Total number of registrants. 4. Total number of attendees. **Hybrid:** Follow the in-person and virtual process. If using WorkWell NYC's link, no need to submit.
10. Distribute Evaluation & Resources	• Send anonymous Evaluation Survey and resources provided by facilitator. • Workshop Coordinator may also distribute these. **In-person:** Email the Evaluation Survey and workshop resources to attendees. **Virtual:** Email the Evaluation Survey and workshop resources to attendees. **Hybrid:** Email the Evaluation Survey and workshop resources to attendees.
11. Close Out Workshop	• Workshop Coordinator will collect evaluations and complete the wrap-up. Thank you!

*Please Note Workshop Expectations:

Registration: A minimum of 25 registrants or RSVPs secured at least 5 business days before the scheduled workshop date.

Participation: A site representative should attend entire session to model active participation and engagement.

Rescheduling/Cancellation: Notify your workshop coordinator of any changes before confirming the workshop. Cancel at least 3 business days in advance.

Multiple Sessions: We offer in-person worksite fitness classes on a seasonal basis (limited availability). Request a fitness class series here.

If you're interested in hosting a recurring series or multiple sessions, please explore:

- Our on-demand fitness and meditation classes (YouTube or Vimeo)
- The Vendor Directory for additional independent programming options.
- Look out for our worksite fitness series offerings in the Ambassador newsletter.

Non-Compliance: Failure to meet the above expectations and provide registration and participation information may affect your site's eligibility for future workshops.

Communication Materials

Use these materials and templates to promote your workshop to your agency.

	Flyer	Email
BE WELL	Be Well Workshop Flyer Template	Be Well Workshop Email Template
MOVE MORE	Move More Workshop Flyer Template	Move More Workshop Email Template
PROJECT B.U.I.L.D.	Project B.U.I.L.D. Workshop Flyer Template	Project B.U.I.L.D. Workshop Email Template
EAT WELL	Eat Well Workshop Flyer Template	Eat Well Workshop Email Template
TAKE ACTION	Take Action Workshop Flyer Template	Take Action Workshop Email Template

Workshop Names and Descriptions

- WorkWell NYC 101
- Be Well
- Move More
- Project B.U.I.L.D
- Eat Well
- Take Action

WorkWell NYC 101

This workshop provides an introduction to WorkWell NYC's programs and resources to help you and your co-workers maintain a healthy lifestyle.

Learning objectives:

- Learn about the range of offerings including **discounted gym memberships**, chronic disease management sessions, **digital fitness classes**, **healthy cooking classes**, **meditation**, and more.
- Learn about the rationale for worksite wellness and the importance of a **Culture of Health**.
- Learn how to get involved at your worksite by signing up to become an agency Wellness Ambassador or Champion.

Delivery: Virtual or In-Person
Session Length: 50 mins

Be Well

Guided Mindful Meditation

In this workshop, an instructor will guide you through meditation techniques such as breath-work, visualization, and affirmations. It's helpful for relaxation and learning how to be present.

Learning objectives:

- Explore a practice-oriented introduction to mindful meditation.
- Practice meditative techniques.
- Cultivate mindfulness.

Delivery: Virtual or In-Person
Session Length: 50 mins

Learn to Meditate

Unlock meditation's power with time -tested techniques for a sustainable, transformative practice. Rooted in science, this self-empowerment tool enhances mental clarity, focus, and happiness.

It offers numerous health benefits, including supporting heart health, brain and cognitive functions, and reducing daily stress and anxiety.

Learning objectives:

- Get step-by-step guidance to build and personalize your meditation routine.
- Explore guided group practice and different meditation techniques for a confident start.
- Obtain valuable tips for success and avoid common obstacles from meditation masters.

Delivery: Virtual or In-Person
Session Length: 50 mins

Movement for Mind-Body Connection

Connect with your breath, body, and colleagues. Designed to promote relaxation and self-care through intentional movements. Participants engage in gentle exercises, emphasizing internal awareness to enhance mind-body connection and self-care.

The facilitators foster an inclusive environment for everyone in an informal setting that encourages connection with self and others.

Learning objectives:

- Connect with your breath and body.
- Relax through gentle movements.
- Connect with colleagues while enjoying a self-care activity.

Delivery: In-Person
Session Length: 50 mins

Sleep Soundly

Sleep and health are closely connected and sleep is just as important to good health as diet and exercise. Not getting enough quality sleep can affect brain function, mood, and overall well-being, and may increase the risk of certain health conditions.

With today's busy schedules and life demands, getting enough sleep can be difficult. This workshop shares best practices to help improve sleep quality.

Learning objectives:

- Review how sleep affects physical and mental well-being.
- Learn strategies to improve sleep quality.
- Create an action plan to support a healthier sleep schedule.

Delivery: Virtual
Session Length: 50 mins

Sound Bath Relaxation

Relieve stress through calming sound and vibration. Participants sit or lie down comfortably while listening to soothing sounds from a variety of instruments.

The experience creates a relaxing atmosphere that helps release tension and support overall well-being.

Learning objectives:

- Relax and de-stress through sound and vibration.
- Experience a sense of calm.
- Enjoy a peaceful listening experience with various instruments.

Delivery: In-Person
Duration: Two options available

- 30 minutes (chair seating)
- 60 minutes (lying down)
  Participants bring their own yoga mats

Note: Please confirm you have enough floor space for at least 25 participants with yoga mats before requesting this session.

Work-Life Harmony

Discover how to create more harmony in your life by maximizing leisure time, pacing work schedules, and setting boundaries to avoid burnout and minimize stress.

Learning objectives:

- Recognize how lack of work-life harmony affects well-being and productivity.
- Identify stressors and factors that contribute to imbalance.
- Learn practical strategies and tips to balance your day.

Delivery: Virtual or In-Person
Session Length: 50 mins

Move More

Cardio	Strength	Balance	Flexibility
Improves your endurance and stamina as well as the health of your heart, lungs, and circulatory system.	Makes everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries.	Helps prevent injuries and falls, a common problem in older adults that can have serious consequences.	Routinely stretching the muscles increases your range of motion and reduces pain and the risk for injury.

Key: Cardio Strength Balance Flexibility

Self Massage

Looking to destress? This self-massage workshop offers tension relieving techniques to relax sore muscles, improve blood flow, and help release stress.

Delivery: Virtual or In-Person
Session Length: 50 mins

Fitness at Work

Chair Yoga

This is a gentle form of yoga practiced while seated on a chair or standing on the ground and using a chair for support.

Delivery: Virtual or In-Person
Session Length: 45 mins

Core Restore

Build core strength and stability to support your back and help reduce pain, especially after abdominal separation.

Delivery: Virtual or In-Person
Session Length: 45 min

HIIT

HIIT stands for 'high intensity interval training'. A workout that features short periods of intense cardio activity followed by periods of rest.

Delivery: Virtual or In-Person
Session Length: 45 mins

Kickboxing

A standing combat sport based on kicking and punching for total body fitness.

Delivery: Virtual or In-Person
Session Length: 45 mins

Pilates

This is a low-impact exercise designed to improve core strength, postural alignment, and flexibility.

Delivery: Virtual or In-Person
Session Length: 45 mins

Self Defense

Provides practical awareness tips, de-escalation tactics, ground attack defenses and more!

Delivery: Virtual or In-Person
Session Length: 45 mins

Stretch & Flexibility

This class focuses on lengthening the body while increasing the range of motion. The exercises target everyday movements to keep the body in great functional shape.

It also helps relieve stress and tension that may occur in the body while working in an office setting or in everyday life.

Delivery: Virtual or In-Person
Session Length: 45 mins

Toning & Conditioning

Exercises designed to build definition, shape and strength in the muscles.

Delivery: Virtual or In-Person
Session Length: 45 mins

Total Body

A workout routine that aims to hit all the major muscle groups in one single session.

Delivery: Virtual or In-Person
Session Length: 45 mins

Walking Workout

Walk throughout the class while adding exercises like squats, arm extensions, kickbacks, and stretches.

Delivery: Virtual or In-Person
Session Length: 45 mins

Wukkout®

A soca based, Caribbean Carnival-style dance workout for the whole body, to build stamina and strength.

Delivery: Virtual or In-Person
Session Length: 45 mins

Yoga

An ancient practice that combines physical postures, breathing exercises, meditation to promote overall well-being. It is designed to unite the body, mind, and spirit, fostering balance, flexibility, strength, and relaxation.

Delivery: Virtual or In-Person
Session Length: 45 mins

Zumba®

An aerobic fitness program inspired by Latin and international music and dance moves. Routines incorporate combinations of fast and slow rhythms to improve cardiovascular health.

Delivery: Virtual or In-Person
Session Length: 45 mins

90's Dance Fitness

A dance cardio class that targets aerobic movements, featuring a combination of dance moves set to 90's style music. Have fun while building strength and endurance.

Delivery: Virtual or In-Person
Session Length: 45 mins

Project B.U.I.L.D

Creating Safer Spaces: Exploring SOGIE (Sexual Orientation, Gender Identity & Expression)

This session is an interactive practice to understand the LGBTQ+ community and how to create a more welcoming and inclusive workplace.

Learning objectives:

- Increase cultural competency around working with LGBTQ+ colleagues.
- Awareness of issues that people in the LGBTQ+ community face.
- Increase awareness about communicating with colleagues and clients about SOGIE to create a more inclusive space.

Delivery: Virtual or In-Person
Session Length: 60 mins

Introduction to Equity & Inclusion

This beginner-friendly session is great for anyone new to diversity, equity, and inclusion (DEI), or looking to refresh their understanding. You'll learn key concepts and how to apply them at work and in your daily life.

Learning objectives:

- Examine foundational definitions and history related to equity work.
- Unpack unconscious biases through examination of privilege and power through hands-on instruction.
- Strengthen practices of DEI components in personal and professional work.

Delivery: Virtual or In-Person
Session Length: 60 mins

Responding to Racism: Self-Care as an Act of Equity

This session will introduce foundational concepts of implicit bias, where they come from, and how they impact us.

Learning objectives:

- Explore the types of racism and ways to mitigate them.
- Build an understanding of workplace practices that can facilitate or hinder anti-racism.
- Discuss ways to educate and protect oneself as part of anti-racist practice.

Delivery: Virtual or In-Person
Session Length: 60 mins

Understanding and Minimizing Implicit Bias

What is bias? How does it impact our ability to work together and create inclusive workspaces? This session will introduce foundational concepts of implicit bias, where they come from, and how they impact us.

Learning objectives:

- Develop a foundational understanding of implicit biases.
- Understand how implicit biases impact our lives and behavior.
- Discuss strategies for minimizing biases in our work and personal lives.

Delivery: Virtual or In-Person
Session Length: 60 mins

Eat Well

Debunking Nutrition Myths

Confused about what you should or shouldn't eat? With so much information out there, it's easy to feel overwhelmed.

This workshop will help you understand whether eating certain foods can indeed benefit your health and help you dissect the truth about food.

Learning objectives:

- Provide answers to questions around common food myths.
- Share evidence-based research on current food topics.

Delivery: Virtual or In-Person
Session Length: 45 mins

Favorite Foods Made Healthy

It's time for a meal swap! Learn how to make healthy changes to your favorite meals to keep them joyful and delicious.

Learning objectives:

- Review basic budgeting and how it applies to healthy eating.
- Learn how to plan meals and use what you have to reduce food costs.
- Identify smart shopping strategies to save money at the supermarket.

Delivery: Virtual or In-Person
Session Length: 45 mins

Fiber 101

Eating a well-balanced diet is important as it gives nutrients needed to function properly. One nutrient that the majority of adults lack is fiber.

This workshop breaks down the many benefits fiber has for your health and provides examples of foods that are high in this important nutrient.

Learning objectives:

- Understand what fiber is and which foods are high in fiber.
- Learn the two types of fiber and the health benefits of each.
- Become familiar with the dietary recommendations for fiber.
- Discuss the health risks associated with a diet that is too low or too high in fiber.

Delivery: Virtual or In-Person
Session Length: 45 mins

Nutrition 101

Healthy eating doesn't have to be so complicated! This workshop reviews the basics of healthy eating and provides practical tools to eat your way to health.

Learning objectives:

- Explore helpful eating strategies like portion sizes, food variety and the difference between processed and unprocessed foods.
- Review the MyPlate tool and how to build a balanced meal.
- Discuss practical tips for food preparation, packing snacks, and planning meals with a busy lifestyle.

Delivery: Virtual or In-Person
Session Length: 45 mins

Cooking Demonstrations

Join us for a live cooking session featuring a rotating list of seasonal recipes. You'll learn how to prepare simple, healthy meals and discover the cultural, medicinal, and nutritional value of each dish.

Learning objectives:

- Learn new, seasonal recipes.
- Understand the health benefits of key ingredients.
- Learn about the cultural and traditional roots of each dish.

Delivery: Virtual or In-Person
Session Length: 45 mins

Take Action

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. Type 2 diabetes is preventable, however, 1 in 3 adults are at risk. Do you know where you stand?

This workshop explores what diabetes is, shares a diabetes risk assessment, and reviews easy lifestyle adjustments that can be made to reduce your risk.

Learning objectives:

- Review the basics of pre-diabetes and diabetes.
- Outline the symptoms and complications of uncontrolled diabetes.
- Learn how to interpret their risk assessment test.
- Discuss healthy lifestyle habits that can reduce their risk.

Delivery: Virtual or In-Person
Session Length: 50 min

Love Your Heart

Join this interactive session where we explore the risks of high blood pressure and how to prevent or better manage this dangerous condition.

Learning objectives:

- Review the basics of high blood pressure and how it affects the body.
- Discuss risk factors for high blood pressure.
- Develop strategies for preventing and managing high blood pressure.

Delivery: Virtual or In-Person
Session Length: 50 min

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