



WORKWELL NYC 2022 WORKSITE WORKSHOPS



WORKWELL NYC'S MISSION

To create workplaces that engage and empower employees to live healthy, active lifestyles, and to provide health and well-being services, programs, and resources.



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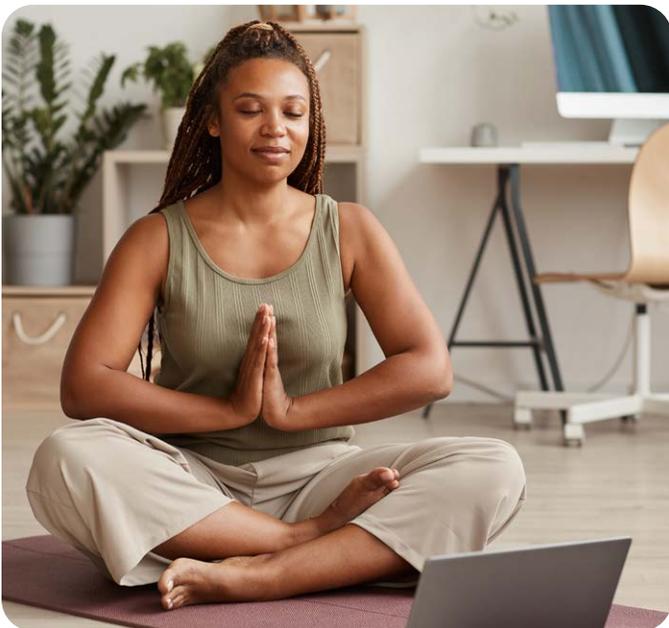
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WORKWELL NYC 2022 WORKSITE OVERVIEW

WorkWell NYC is the City’s workplace wellness program, providing programs that enable employees to improve their health and bring their whole selves to work.

Our mission is to create workplaces that engage and empower NYC’s 380,000 workforce to live healthy, active lifestyles by providing health and well-being services, programs, and resources tailored to our workforce. WorkWell NYC offers programming in five unique service areas: Prevention and Primary Care, Physical Activity, Healthy Eating, Mental Resilience and Health Equity. We work through a network of workplace Ambassadors and Champions who identify, plan and implement wellness programs that meet the needs of their workplace.



QUESTIONS?

If you have any questions regarding the workshops in this booklet, please contact WorkWell NYC at workwell@olr.nyc.gov.

WORKWELL NYC 2022 WORKSITE INTRODUCTION

WorkWell NYC seeks to enhance wellness at the workplace through educational and enrichment programming.

This training catalog is designed for worksite leaders and Ambassadors to identify what might be most useful to employees at their workplace and identify convenient times and delivery options. The courses in this guide are organized by program area and may change depending upon instructor availability.

COURSE FORMATS

- WorkWell NYC courses are offered in digital as well as in-person formats. In response to COVID-19 and out of an abundance of caution, in-person delivery may be suspended on some or all courses until safety conditions for staff and instructors can be maintained. All WorkWell NYC workshops can be delivered virtually, with Zoom as the primary provider. Worksites unable to access Zoom should note that in the registration process and a workshop coordinator will work with the worksite to accommodate their needs.



HOW TO REGISTER

- A digital registration form can be found at on.nyc.gov/workshops. This form must be completed for each workshop you request. Workshop request should be submitted 6 weeks prior to planned delivery. Requests received without sufficient notice may not be honored.
- After submitting the request, a workshop coordinator will respond within two weeks of the request to confirm times, dates, location and/or format of the training.
- Once your workshop is confirmed, WorkWell NYC will share communication materials to help promote your upcoming event.
- Some workshops have minimum participation requirements. Please be sure to review participation minimums before scheduling a workshop. These minimums will be discussed and confirmed with the workshop coordinator.

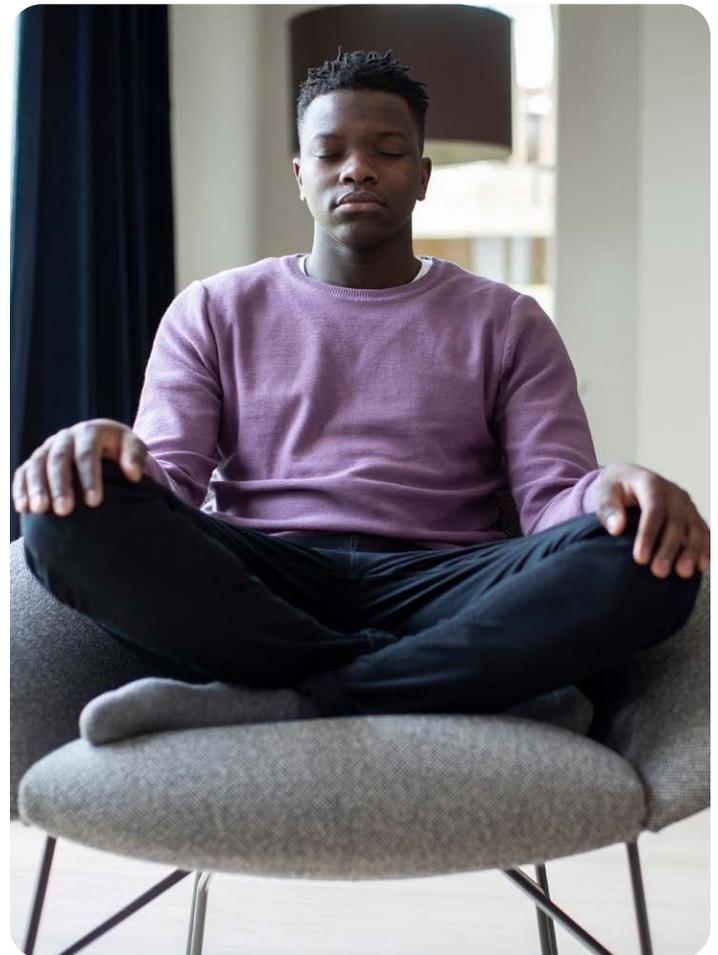
EXPECTATIONS

- All workshops require registrant and participation data to be reported to WorkWell NYC. The necessary format and timeline will be confirmed during the registration process.
- Participant evaluations must be administered at the close of the workshop. For some workshops, this will be administered by WorkWell NYC. For most offerings, this is the responsibility of the Ambassador requesting the workshop.
- Request for cancellations or schedule changes must be received no fewer than 5 business days prior to start of a confirmed workshop. This request must be made in writing to the workshop coordinator. Failure to do so may impact our ability to offer future workshops.



ACCOMMODATIONS AND SUPPORT

- If there is a need for an accommodation or support service, that information should be provided at the time of registration. Your workshop coordinator will discuss specific needs and work to coordinate a suitable accommodation where feasible.



PREVENTION AND PRIMARY CARE WORKSHOPS

WorkWell NYC offers free, interactive workshops to NYC worksites on a variety of wellness topics. Our workshops are developed with the unique needs of the NYC workforce in mind. **Register for your workshop at on.nyc.gov/workshops**

QUESTIONS?

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BLOOD PRESSURE

LOVE YOUR HEART: STAY HEART HEALTHY & PREVENT HYPERTENSION

Join this interactive session where we explore the risks of high blood pressure and how to prevent and 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 mins

DIABETES

ARE YOU AT RISK? THE FACTS ABOUT PREVENTING DIABETES

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 mins



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HEALTHY EATING BASICS

NUTRITION 101

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

LEARNING OBJECTIVES:

- Learn helpful eating strategies such as portion sizes, food variety and the difference between processed and unprocessed foods.
- Review MyPlate and strategies for selecting a balanced meal.
- Discuss different options for food preparation, packing snacks, and planning meals for a busy lifestyle.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins

FOOD ALTERNATIVES

FAVORITE MEALS MADE HEALTHY

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

LEARNING OBJECTIVES:

- Discuss substitutions and strategies to make classic meals healthier.
- Strategize ways to get others on board with healthful swaps.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins





AFFORDABLE MEALS

EATING HEALTHY ON A BUDGET

It's not what you have, but how you use it! Discover ways to budget, plan, and use what you have to make healthy, yummy, and affordable meals.

LEARNING OBJECTIVES:

- Review the basics of budgeting and how to apply it to healthy eating.
- Learn how plan meals and use what you have in order to minimize food costs.
- Identify strategies to shop cost-effectively at the supermarket.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins

LIVE DEMOS

LIVE COOKING DEMONSTRATIONS

Let our trained chef take you through a live demo of some of the most flavorful meals that are healthy and easy to make. Choose from a selection of recipes and watch the magic happen!

LEARNING OBJECTIVES:

- Explore new recipes that are packed with flavor to make enjoyable and satisfying meals.
- Sharpen knife skills to chop safely and quickly.
- Learn techniques to transform leftovers and make restaurant quality dishes.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins



DIVERSITY, EQUITY AND INCLUSION WORKSHOPS

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EQUITY AND INCLUSION

INTRODUCTION TO EQUITY AND INCLUSION

This session aims to support individuals who are new to DEI or are looking to reinforce their knowledge with hands-on instruction. Participate in this introductory workshop to learn the key components of DEI concepts to strengthen these practices in the workplace and beyond.

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:

50 mins

SAFE SPACES

CREATING SAFER SPACES: EXPLORING SOGIE (SEXUAL ORIENTATION, GENDER IDENTITY, AND EXPRESSION)

This session is an interactive practice to understand the LGBTQ+ community and how to be more welcoming in the workplace.

LEARNING OBJECTIVES:

- Increase cultural competency around working with LGBTQ+ colleagues.
- Become more aware to 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:

50 mins





IMPLICIT BIAS

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:

50 mins

CREATING EQUITY

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 antiracism.
- Discuss ways to educate and protect oneself as part of antiracist practice.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins



PHYSICAL FITNESS WORKSHOPS

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FOR BEGINNERS

GET MOVING! THE BEGINNER'S GUIDE TO GETTING ACTIVE

Want to get active, but not quite sure how to begin? This session explores simple ways to incorporate fitness into your life. All activity levels welcome!

LEARNING OBJECTIVES:

- Learn about the basics of injury prevention.
- Discuss how to get started at any level of physical activity, and how to incorporate more physical activity into your busy day.
- Review the CDC recommendations for levels of physical activity.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins

RELIEVE STRESS

SELF MASSAGE

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

LEARNING OBJECTIVES:

- Discuss techniques to relieve stress, relax sore muscles, and improve blood flow through self-massage.
- Apply these techniques with guided instruction.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins





WELL-BEING AT WORK

ERGONOMICS 101: HOW TO HACK YOUR WORKSPACE

How you get your work done is just as important as the work itself. In this workshop, we'll explore simple ways to improve your workspace, stay organized, and manage your workday to optimize your well-being at work.

LEARNING OBJECTIVES:

- Introduce ergonomics and how it can impact your work.
- Learn ways to up your workspace and use digital devices to improve your posture and reduce body strain.
- Discuss ways to set up your workday to promote and maintain ergonomic habits.

DELIVERY:
Virtual

SESSION LENGTH:
50 mins

PHYSICAL FITNESS CLASSES

FITNESS AT WORK

WorkWell NYC offers certified fitness instructors that will lead classes in a variety of disciplines, including bootcamp, yoga, HITT, Soca fitness and so much more! Classes can be offered on a one-time or multi-session basis.

DELIVERY:
Virtual or In-person

SESSION LENGTH:
50 mins



MENTAL RESILIENCE WORKSHOPS

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SUPPORT

CREATING SUPPORTIVE CONNECTIONS

Having a healthy, reliable support system can often make the difference between being stressed out and managing stress effectively. This session reviews strategies for combating loneliness and social isolation, and helpful techniques to strengthen your social network.

LEARNING OBJECTIVES:

- Learn about the impact of loneliness and social isolation on physical and mental health.
- Discuss strategies to create meaningful connections in the workplace and in your personal life.

DELIVERY:
Virtual

SESSION LENGTH:
50 mins

MEDITATION

INTRODUCTION TO MINDFUL MEDITATION

There are many benefits to meditation, including stress relief, improved focus and concentration. This session offers guided meditation practice and techniques, appropriate for all practice levels.

LEARNING OBJECTIVES:

- Review the practice of meditation.
- Discuss the connection between meditation and stress reduction.
- Practice various meditative techniques.

DELIVERY:
Virtual or In-person

SESSION LENGTH:
50 mins





SLEEP

SLEEP SOUNDLY

Sleep and health are strongly related. Poor sleeping habits can increase your risk for illness. But with today's busy schedules and life demands, getting enough sleep can be difficult!

LEARNING OBJECTIVES:

- Review the effects of sleep on physical and mental wellbeing.
- Learn about various sleep disorders.
- Discuss strategies to improve sleep quality.

DELIVERY:

Virtual

SESSION LENGTH:

50 mins

MINDFULNESS

MINDFULNESS MATTERS

Mindfulness speaks to our ability to be present and aware. When practiced intentionally, it can help us be less reactive and have greater control over our thoughts and behaviors. This session invites participants to integrate mindfulness into their daily self-care practice and explores several techniques to help cultivate this habit.

LEARNING OBJECTIVES:

- Introduce the practice of mindfulness and self-care.
- Strategize ways to incorporate this practice into your day.

DELIVERY:

Virtual

SESSION LENGTH:

50 mins



