New wellness presentations available to help your staff maintain healthy habits and earn 25 WellSteps Reward points!!

Spice it Up: Focus on Flavor
Are you stuck in a rut with your cooking? Think about spicing it up. In addition to enhancing the foods you already enjoy, learn how herbs and spices can also improve your health.

Eating Your Emotions: Coping With Stress
Have you ever wondered why you eat when we aren’t hungry? Let’s take a look at how stress affects our eating habits and learn positive coping techniques that support overall health.

That Gut Feeling
Curious about the ecosystem living in your gut? Let’s learn about microbiome, pre and probiotics, and what happens when your gut gets out of balance.

Healthy Body Healthy Mind
Can nutrition keep your brain on top of its game? Learn more about how to support your mental health with food.

All presentations will be virtual. Any Boise School District location can schedule a virtual presentation for staff members.

To schedule, a virtual presentation the following is required:
- Minimum of 15 staff members in attendance
- Schedule three weeks in advance

Contact:
Saint Alphonsus
Corporate Health & Well-being
208-367-6225
sawellness@saintalphonsus.org

BONUS: Attending a virtual Live Well Nutrition EAP presentation will count as one of your approved Wellness Activities.