

# The *Workable Wellness* series includes the following sessions:

- StressSmart: *The Challenge of Balancing Your Life*
- Adding Steps to Your Day: *Simple Ways to Stay Active*
- These Are the Moments of Your Life: *Making the Most of Your Time*
- HealthSmarts: *Keeping Tabs on Your Health*
- The Perfect Pantry: *Healthy Meals in a Hurry*
- When You Are the Help: *Practical Ideas for Cleaning Your Home*
- Priceless Parenting Moments: *Maximizing the Time You Spend with Your Child*
- Work-Family Fit: *It's More Than Just Surviving*
- Don't Go it Alone: *Finding Community Support in Times of Stress*
- Financial Fitness...*for Everybody*
- Caring Well, Staying Well: *Self-care for Care-givers*
- Estate Planning: *Protecting Your Family's Future*

*Workable Wellness* is a program for your employees that can make a difference, in their personal and professional lives. The Extension professional in your county is ready to help. We hope you will invite us to your place of business to facilitate the *Workable Wellness* experience!



Family & Consumer  
SCIENCE

**ABOUT COOPERATIVE EXTENSION:** North Carolina Cooperative Extension is an educational partnership of county, state and federal governments. Through Cooperative Extension, faculty and staff members of North Carolina State University and North Carolina A&T State University offer programs through their centers in every county and on the Cherokee Indian Reservation. Our mission: to help people put research-based knowledge to work for economic prosperity, environmental stewardship and an improved quality of life.

WORK AND FAMILY • GET FINANCES IN ORDER  
BALANCE  
HEALTHIER • EAT HEALTHIER • BALANCE  
ACTIVE • BECOME MORE ACTIVE • BECOME MORE ACTIVE • BECOME MORE ACTIVE  
MANAGE STRESS • BECOME MORE ACTIVE • BECOME MORE ACTIVE • BECOME MORE ACTIVE



simple solutions  
for a healthy life



# Workable Wellness: SIMPLE SOLUTIONS FOR A HEALTHY LIFE



*Workable Wellness* is a program that offers practical solutions to help people lead healthier, more fulfilling lives. Participants in the program learn simple strategies and skills to incorporate healthy habits for a lifetime of good health.

*Workable Wellness* provides proven methods to help participants:

- 1 Manage stress
- 2 Become more active
- 3 Eat healthier
- 4 Balance work and family
- 5 Get finances in order

## How *Workable Wellness* Works

Educators from your North Carolina Cooperative Extension county center can bring *Workable Wellness* to your business or work-site through a series of group training sessions. They will work with you to schedule the best time and place for the series.

The *Workable Wellness* series contains 12 sessions. You may decide to participate in the entire series, or you may select those sessions that you feel are especially important for your employees. Each session lasts approximately 30 minutes. Your employees will receive reliable information in a friendly and positive manner. Each participant will receive a compact disc containing colorful publications that correspond to the sessions and also include references for more web-based information.

