

MCC WELLNESS COUNCIL, HEALTHY SESSIONS JUNE 7, 2017

<p>Session I 11:15 a.m. - 12:15 p.m.</p>	<p>Meridian Tapping Presenter: Joanne Jaworski is a Success Coach who uses a different approach to uncover and clarify your heart & soul desires. She believes that we already hold those answers, but they may have gotten blocked or buried. If you feel stuck, overwhelmed or unfulfilled, this session is for you! We will uncover what you desire, what is in your way to manifesting those desires, and how to release the blocks! You will be given the opportunity to “discover how to use your own energy and subconscious to achieve what you desire.” Learn about Meridian Tapping and EFT (Emotional Freedom Techniques). Visit the website http://www.trueauthenticpower.com/ for additional information.</p>	Brighton Room
	<p>Chair and Desk Yoga Presenter: Meg LeBeau is a certified Yoga instructor who holds a NASM and Cooper Institute personal trainer certificate. She has taught Yoga and Pilates in Spencerport for many years. Since society places most of us in a position where we work from our desks, Meg will demonstrate some stretching exercises you can do right at your desk to help create flexibility and balance and help to rid the ache we sometimes develop in our shoulders, neck and lower back.</p>	9-132
	<p>Minimal Ingredients, Multiple Lunches Presenter: Michelle Bartell Are you looking for simple, healthy lunch options that are easy to prepare and plan for? In this workshop we’ll look at creating a week’s worth of lunches using five to ten ingredients and some basic kitchen staple items. Working off of one basic shopping list, we will create and sample of five different lunch meals that are healthy and tasty!</p>	Hospitality Lab, Bldg. 3
	<p>Tour of Building 10 Athletic Facilities Guide: Katie Nicholas</p>	Begins at PAC Lobby, Bldg. 10
	<p>Organized Walk Guide: MCC Wellness Council Member Join us for a one-mile indoor or two-mile outdoor walk around MCC. Our destination will depend on the weather.</p>	Begins at Wellness Council Table at Health Fair, Bldg. 3

Session II
1:00 – 1:50 p.m.

<p>Qi Gong Presenter: Sylvia Lavin</p> <p>Qi Gong (pronounced chee gong or gung) is a practice that involves a series of postures and exercises including slow circular movements, regulated breathing, focused meditation and self-massage. Qi Gong relaxes the mind, muscles, tendons, joints and inner organs, helping to improve circulation, relieve stress and pain, and restore health. Because Qi Gong includes both dynamic and gentle techniques that can be practiced while standing, seated, or lying down, it is suitable for people of any age and physical condition.</p> <p>Sylvia Lavin will teach basic Qi Gong movements and routines that she has learned during five years of practice with local teacher Raphaela McCormack.</p>	<p>9-152</p>
<p>What is a Healthy Diet? Presenter: Michelle Bartell</p> <p>When it comes to nutrition, there is a lot of confusing and contradictory information out there. In this presentation we will look at the fundamentals of what constitutes a healthy diet, along with how to develop a healthy relationship with food. We will explore concepts around a holistic approach to diet and nutrition, as well as using mindful practices to enhance our enjoyment of food and develop a balanced approach to eating.</p>	<p>Hospitality Lab</p>
<p>Beginner Free-Weight Demo & Trainer Tips Presenter: Meg LeBeau</p> <p>If you have never used free weights (or are seriously out of practice), Meg will ease you into strengthening your muscles and show you the correct way to lift. Compared to weight machines, free weight exercises are “functional,” meaning they more accurately mimic our real-life motions and allow us to move more freely. Weights will be provided.</p>	<p>Dance Studio 10-143</p>
<p>Meridian Tapping Part II Presenter: Joanne Jaworski</p> <p>Session II will build on the information in Session I <i>Releasing Hidden Blocks To Your Greatest Manifestations</i>. Joanne will be going through an actual process based on her free download <u>Design Your Life Now</u> on her website homepage (http://www.trueauthenticpower.com/). It would be helpful to bring that download with you. Get ready for insights, hope and creating your True Authentic Power...and Life!</p>	<p>Brighton Room</p>
<p>Organized Walk Guide: MCC Wellness Council Member</p> <p>Join us for a one-mile indoor or two-mile outdoor walk around MCC. Our destination will depend on the weather.</p>	<p>Begins at Wellness Council Table at Health Fair, Bldg. 3</p>

Session III
2:00 - 2:50 p.m.

<p>Plant-based Diets Presenter: Cynthia Childs of Excellus Blue Cross and Blue Shield</p> <p>You may have heard the term, "plant-based diets." What does that mean? Why eat a plant-based diet? This presentation covers different types of plant-based diets, the benefits of plant-based diets, and gives you tips and tools for incorporating more plant foods into your existing diet.</p>	<p>The Forum</p>
<p>Estate Planning and Medicaid Part I (Part II 3-3:50) Lisa Arrington, Esq., partner, Lacy Katzen LLP</p> <p>This seminar is designed for all ages and will inform you of more than to “just save for retirement”. Our presenter, will explore answers to the following questions: Do you know what would happen if you or a family member needed nursing home care? Is your estate planning up to date?</p> <p>Learn about:</p> <ul style="list-style-type: none"> * Planning for long-term care costs * How to lawfully protect your assets * How to protect your home or cottage * Which basic estate planning documents should everyone have in place <p>This seminar is 2 hours: Session II is offered 3-3:50pm</p>	<p>Monroe A</p>
<p>Walking the Labyrinth Presenter: Alisa Camp</p> <p>Used by many to promote peace, spirituality, and self-reflection, labyrinths of various designs can be found locally and around the world. Please join us at MCC’s own labyrinth to discuss the history and uses of these ancient tools and take this opportunity to walk the labyrinth’s winding path and share in a tradition dating back over 3000 years.</p>	<p>Dance Studio, 10-143</p>
<p>Thermography: A Pain- and Radiation-free Approach to Breast Cancer Prevention Presenter: Lisa Syed of Thermography Rochester is trained as a Clinical Thermographic Technician (CTT). Her mission is to help save women’s lives through early breast cancer detection and to educate women on how to be proactive in preventing breast cancer.</p> <p>During her presentation, Lisa will address questions such as:</p> <ul style="list-style-type: none"> • What is thermography and how is it used as a tool for monitoring breast health? • How can thermography detect vascular changes related to the development of breast cancer long before a mammogram is able to detect a lump? • What are the differences between mammography and thermography? • How can thermographic results be used? • What are the limitations of thermography? 	<p>Monroe B</p>
<p>Organized Walk Guide: MCC Wellness Council Member</p> <p>Join us for a one-mile indoor or two-mile outdoor walk around MCC. Our destination will depend on the weather.</p>	<p>Begins at Wellness Council Table at Health Fair, Bldg. 3</p>

Session IV
3:00 - 3:50 p.m.

<p>PIYO – Pilates and Yoga Presenter: Meg LeBeau</p> <p>PIYO is a unique blend of strengthening and core conditioning that furthers mindfulness, relaxation, and stretching with poses – a perfect combination of Pilates and Yoga! Suitable attire required. Mats will be provided.</p>	<p>Dance Studio, 10-143</p>
<p>Adding Flavor to Heart Health: How to Create a Healthy Plate Presenter: Cindy Chan Phillips, Director of Nutrition Education, NY Beef Council</p> <p>In this healthy beef cooking demonstration, presenter Cindy Chan Phillips, Director of Nutrition Education, NY Beef Council, will cover topics such as: understanding various cuts of meat and how to make healthy choices, sodium control, healthy portions, calorie comparison, and more. Food sampling and prizes!</p>	<p>Brighton Room</p>
<p>Estate Planning and Medicaid Part II Lisa Arrington, Esq., partner, Lacy Katzen LLP</p>	<p>Monroe A</p>
<p>Meditation Practice Presented by Donna Burke</p> <p>Come learn more about the benefits of meditation and mindfulness practices. Basic meditation instruction will be given with the opportunity to sit and practice in a quiet and welcoming environment. Beginners welcome!</p>	<p>9-152</p>
<p>Tour of Building 10 Athletic Facilities Guide: Katie Nicholas</p> <p>MCC offers a wide variety of fitness activities FREE to employees. Please join the Wellness Council for a tour of the facilities at the Brighton Campus that are open and available to you!</p>	<p>Begins at PAC Lobby, Bldg. 10</p>
<p>Organized Walk Guide: MCC Wellness Council Member</p> <p>Join us for a one-mile indoor or two-mile outdoor walk around MCC. Our destination will depend on the weather.</p>	<p>Begins at Wellness Council Table at Health Fair, Bldg. 3</p>