



Virtual Wellness Activities

All at Your Convenience Whether You Are
at Home or on the Go

Dear Municipal Employees,

The MIIA Wellness Team is pleased to share with you a month's full of free activities, including live ZOOM wellness classes. Please see program descriptions below with registration information for each class.

We hope this selection of wellness classes and activities will bring both some ease and energy to your lives in this difficult time.

Warm regards,

The MIIA Wellness Team

*To join by Zoom, you will need a device with camera and microphone.

We recommend you test it out by clicking the Zoom link in advance.

New Zoom Raffles!

We are now raffling off prizes in most of our zoom sessions. All attendees, whether MIIA subscribers or not, are eligible. MIIA will announce the raffle prize at the start and choose winners at the close of the classes.

Tahini: Paramount Pantry Protagonist

Monday, February 28, 2022, 4:00 - 4:45 pm

If tahini is collecting dust in the recesses of your cupboard, this program is for you. During this workshop, Lori Lambert-Osburn, Registered Dietitian, Chef, and Yoga Instructor, will share (5) different recipes with participants to help you broaden your tahini repertoire. Ideas for dips, dressings, breakfast, lunch, and even dessert will be demonstrated. Participants will receive all recipes presented. Afterwards, you will agree that tahini is indeed worthy of pantry star status.

[Register here.](#)

Relaxing Yoga

Tuesdays, March 1 to 22, 2022, 4:00-4:30 pm

Join Trish Hart, YACEP-500, for a half hour of gentle yoga, meditation and breathwork to help you destress, relax, and restore at the end of your day.

Please have a mat (or some soft surface), blanket, and pillow to make your practice comfortable.

[Register here.](#)

6 Weeks of Real Food Nutrition for a Healthy Weight

Wednesdays, March 2 to April 6, 2022, 4:30-5:15 pm (includes time for discussion and questions)

The global pandemic has really highlighted the importance of real food nutrition not only for maintaining immune function, but also in preventing diet-related diseases, including obesity. This course will shift the focus away from "diets" but instead focus on practical ways to eat real food, and the role of environment and habits in our food choices. In this course, you'll learn which nutrient dense foods support a healthy weight, and which foods threaten it. You'll be guided by Registered Dietitian Heidi Roth as you set your own weekly goals with practical tips for shopping, food preparation and habit formation.

- Week 1: What should I eat?
- Week 2: Controlled Carbohydrates
- Week 3: Satiating Protein
- Week 4: Healthy Fats
- Week 5: Fiber and Gut Health

- Week 6: Body Cues and Mindful Eating

Each week will include:

- Habit building strategies
- Delicious recipes
- Strategies for increasing daily activity
- Superfood of the week

[Register here.](#)

Zumba

Wednesdays, March 2 to 16, 2022, 6:00-6:30 pm

Lisa Kohne, certified Zumba instructor is back for another 3 weeks of Zumba! This calorie burning fun dance class combines cardio, muscle conditioning, balance and flexibility. This program is suitable for all fitness levels and no equipment is necessary.

[Register here.](#)

Strength Training

Thursdays, March 3 to April 14, 2022, 4:15-4:45 pm (no class March 10)

Get a full body strength workout in just 30 minutes! Join certified fitness instructor Linda Ubertini for this energizing class suitable for all fitness levels. No equipment is necessary. Weights are optional and everyday household alternatives will also be suggested as options.

[Register here.](#)

The Language of Leaves

Friday, March 4, 2022, 12:00-12:30 pm (15-minute Q&A after program)

Do you ever wish your plant could tell you when it needs water, when it's time to repot, if it has pests or why the leaves are turning yellow? Well, plants actually do communicate through their leaves! Learn how to better understand your plants with Houseplant Expert Sara Barrios.

[Register here.](#)

5 Elements of Qigong to Balance Energy and Mood

Mondays, March 7 to 28, 2022, 5:00-5:45 pm

Join Sifu (Teacher) David Chosid for this terrific intro to qigong. The qigong practice uses simple movements and breathing to direct energy through specific organ systems. In Chinese medicine, organs are connected to our moods. By healing and strengthening our organs, we will balance our moods as well. Exercises correspond to the five elements (metal, water, wood, fire, and earth) and are divided into yin, yang, and balanced movements. Please dress comfortably (no particular attire is necessary) and you might want to have a water bottle handy.

[Register here.](#)

Barre Cardio

Tuesdays, March 8 to 29, 2022, 6:00-6:30 pm

This class, led by Certified Fitness Instructor Kim Crowley, combines movements derived from ballet with cardio, pilates, and toning. This full-body workout is great for developing body awareness, balance, and coordination while getting your heart rate up, and it is adaptable to all fitness levels. A chair and a mat or towel is all you'll need for class.

[Register here.](#)

Maintaining a Healthy Microbiome

Thursday, March 10, 2022, 4:00-4:45 pm

Did you know that you carry potentially 10x as much bacterial DNA in your body than your own? Or that the bacteria in your body can influence everything from your weight to your moods? In this seminar, Registered Dietician Heidi Roth will review the fascinating new research into our microbiome and how to maintain a healthy balance through the 4 Ps: prebiotics, probiotics, postbiotics and polyphenols.

[Register here.](#)

Heal Your Ailing Houseplant

Friday, March 11, 2022, 12:00-12:30 pm (15-minute Q&A after program)

Bring your questions! This zoom is packed full of help and advice on how to deal with houseplant issues such as overwatering, repotting and insects. Plant Expert Sara Barrios will go over different products and techniques that can be used, and the best time to use them.

[Register here.](#)

Financial Wellness Workshops

Wednesdays, March 30 to April 13, 2022, 5:00-5:45 pm

March 30 - Principles of Personal Finance

The information in this workshop applies to a wide range of target audiences - from those of you just starting out to those nearing retirement. Join Connor Mahoney and Hunter Wagner from Securian Advisors of New England to address topics such as 1) Setting up a detailed budget 2) Preparing for the unexpected 3) Financial strategies to reach your objectives 4) Paying down debt.

No registration required. [Click here to join the meeting.](#)

April 6 - Financial Planning Basics

This workshop, with Connor Mahoney and Hunter Wagner from Securian Advisors of New England, covers how a financial plan can align financial decisions and goals. You will learn what is included in a financial plan and how it's implemented.

No registration required. [Click here to join the meeting.](#)

April 13 - Investment Basics

This wealth management workshop, with Mike Bellody from Securian Advisors of New England, highlights fundamentals for helping you achieve financial goals and establish a safety net. This would be of interest to any individuals who are starting to learn about managing their wealth and all the aspects involved in that process.

No registration required. [Click here to join the meeting.](#)

MIIA Wellness Videos Are Now at MIIAWinners.org

Enjoy unlimited, on-demand access to recorded wellness video content including fitness/exercise, nutrition, weight management, self-care, and more on an easy access portal. All you have to do is click on the below link and follow the directions to view the full library of over 50 wellness videos anywhere, anytime. [Click here](#) for instructions.

NEW Recorded Fitness Class — 15 Minute Mini Boot Camp for All Fitness Levels

Join Cassandra Jean-Michel, Certified Fitness Instructor, for a total body workout that will leave you feeling strong, powerful and accomplished. With modifications for every exercise you can workout at your own pace. No equipment necessary.

These Programs and Resources are Available to You 24/7

EX Program — a free digital tobacco cessation program built by Truth Initiative in collaboration with the Mayo Clinic Nicotine Dependence Center. [Visit now](#) to get started! [Learn More](#). *Only available to those on a MIIA/BCBS health plan.

Good Health Gateway® Diabetes Care Rewards Program — You and your dependents are eligible to participate if you are enrolled in a MIIA Health Benefits Trust sponsored health plan and have pre-diabetes or any type of diabetes. This program helps you lead a healthier life through effective management of your condition. And, when you meet the program requirements, you will receive your diabetes medications and supplies for \$0 copays. [Learn More](#).

Learn to Live — provides free and confidential online programs for individuals and their family members (ages 13 or older) who are experiencing stress, anxiety & worry, depression, social anxiety, substance use, and insomnia. Learn how to improve your mental well-being this summer and all year long. To get started, visit [Learn to Live](#) and enter the code: MIIA. All may participate regardless of health plan membership.

Quizzify helps you become a wiser health care consumer, save money and improve your health! Every month we will send you a 10-question quiz about healthcare, health and lifestyle. Monthly drawings! All you have to do is play 3 months in a row...and you too can win. All may play, but only those on MIIA/BCBS health plans are eligible for gift cards. [Login or Register](#) to play today! [Learn More](#).

Ompractice — Don't forget our super platform for taking free LIVE ONLINE yoga and meditation classes from home! New classes: Pilates, iRest Yoga Nidra, Tai Chi and Qigong. All employees, and their immediate families, who work for municipal groups in the MIIA Health Benefits Trust are eligible. **Learn More**. Sign up **here**.

MIIA AllOneHealth EAP is a confidential 24/7 counseling and referral service for help with problems large and small. Open to all employees and household members. Common work/family issues include couples counseling, parent/child issues, elder care resources, financial or legal concerns, and much more.

The EAP helps managers with professional issues too, such as conflicts between co-workers, difficulties in supervision/management, dealing with difficult employees, building stronger teams, and improving communication. Call the toll-free number **800-451-1834** or **visit the website**.

Wellness Phone Coaching can help you create personalized strategies for a healthier lifestyle. Topics include improving self-esteem, developing resilience, losing weight, maintaining weight loss, tobacco cessation, enhancing relationships and more. Our professionally trained coaches provide free 1-on-1 telephone coaching (maximum of 10 coaching calls per year). Open to all MIIA/BCBS members. **Learn more**.

Free Meditation Resources

During difficult times stress on the mind and body is inevitable. Meditation can be helpful in managing stress, anxiety and a variety of medical conditions. Carve out a little time each day for a guided meditation using any of the links below.

Tara Brach Meditations

Benson-Henry Institute

Self-Compassion Guided Meditations and Exercises

Mindfulness Center at Brown is offering free online mindfulness practices of varying lengths every day of the week for all employees and their families regardless of health plan membership. **Click here** to view Community Mindfulness Sessions available live online or by telephone.

Free Virtual Fitness Resources for all employees and their families regardless of health plan membership **click here**.

Free Mental Health Resources for Employees and Their Family Members for all regardless of health plan membership **click here**.