



For additional questions or to schedule a virtual lunch and learn, please contact Kristin Kuch at KKuch@mercyCare.org or 319-369-4607.

Eating Healthy on a Budget

Are you curious about how to eat healthy without breaking the bank? What about whether buying organic is worth the price? This workshop will give you the knowledge to get the most bang for your buck at the supermarket.

Low Stress Diet

This presentation offers an overview of how stress affects the body and promotes a nutritional approach to reducing those effects.

Stand Up for Your Health: Small Changes for Radical Results

Americans are suffering from what we call "the sitting disease". In this workshop, you will learn how to implement small changes into your day through non-exercise activity. The very act of standing can boost your metabolism, lower your blood pressure, and reduce fatigue, so let's get moving!

Mindfulness and Gratitude Workshop

Our brains are constantly overloaded. This workshop teaches you how to be present and fully engaged to boost mental clarity, foster resilience, and rise to your full potential. It also teaches you to use gratitude to connect to something larger than yourself.

Stress Less, Live More: Managing Stress for Optimal Health

Stress has profoundly negative effects on many aspects of health and well-being. In this workshop, you'll learn about the effect stress has on your body and ways to manage stress effectively. You will be given real tools and strategies to manage your stress and live a more vibrant life.

Relaxation Workshop: Finding Your Inner Peace

Take control of your stress. This relaxation workshop gives participants the opportunity to practice three common relaxation techniques that will help relieve stress-related symptoms and help improve physical and mental health.

Technology & Stress: A Positive Relationship

Technology can be a massive source of stress. In this presentation, learn how to groom technology to work for you by eliminating the static and leveraging tech tools to elevate your mood and increase your productivity.

Behavior Change: Meet Yourself Where You Are

This presentation aims to educate participants on the different stages of behavior change based on the Trans Theoretical Model. Participants will learn how to determine which stage of change they are in, how to identify strategies for behavior change based on each stage, and how to set appropriate goals.