



At Home Wellness Activities

All from the Convenience of Your Own Home,
on Your Own Time

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

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.

*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.

Refreshing No-Cook Meals

Wednesday, September 29, 2021, 4:00-4:45 pm

Join Lori Lambert-Osburn, registered dietitian and chef, for a program centered around no-cook meals. Participants will learn key ingredients of no-cook meals and quick meal preparation strategies. Lori will demonstrate how to assemble (3) meals that can be enjoyed for lunch or dinner. Recipes will be provided.

[Register here.](#)

Managing Distractions and Interruptions Before They Manage You!

A 45-minute Zoom seminar with Jerry Posner.

If you ever feel that “there aren’t enough hours in the day” to get your work done ... time might not be the problem — interruptions and distractions could be! Learn some tools, techniques and strategies to successfully minimize distractions and reduce interruptions, for increased productivity, decreased frustrations and less stress!

Note: this workshop is scheduled twice to accommodate varying schedules.

Option 1:

Wednesday, September 29, 12:00 – 12:45 pm

[Register here.](#)

Option 2:

Thursday, September 30, 4:30-5:15 pm

[Register here.](#)

Slow Flow Yoga

Wednesdays, October 6 - 27, 2021, 5:15-5:45 pm

Join Teresa Palmieri, Certified Yoga Instructor and Reiki Master, for a fun, moderate flow, focusing on alignment and breath. This class uses creative sequencing to build strength and flexibility; and meditative practices connecting you to mind, body, and spirit. This is a mixed level class providing a safe, solid support for the beginner and a place to grow for the more experienced practitioner. All levels welcome. After registering, you will receive a confirmation email containing information about joining the meeting.

[Register here.](#)

Perfect Patty Proxies: Beyond the Beef Burger

Wednesday, October 6, 2021, 4:00-4:45 pm

Break out of the burger routine into new patty territory. During this program, Lori Lambert-Osburn registered dietitian & chef will demonstrate how to make three healthy, moist vegetarian burgers. In addition, participants will learn the basic ingredients needed to create their own "signature" vegetarian burger. Recipes will be provided.

[Register here.](#)

Seasons Change; So Can Your Weight

Wednesdays, October 7 - 21, 2021, 4:00-4:45 pm

Do you find your weight shifting throughout the year? Do you know what to eat but you are not making it happen? Join Registered Dietitian, Jen Fournier, to explore issues surrounding body weight and more!

During this 3-week program you will:

- Make incremental changes that you can live with
- Craft a weekly plan in class that fits your household's needs and preferences
- Discover your best eating pattern

[Register here.](#)

All New Live 30-minute 4-week Strength Training Class

Tuesdays, October 12 - November 2, 2021, 4:30-5:00 pm

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 every day household alternatives will also be suggested as options. After registering, you will receive a confirmation email containing information about joining the meeting.

[Register here.](#)

NEW 30-Minute "Express Spin"

Wednesdays, October 13 -27, 2021, 4:30-5:00 pm

If you're looking for an exciting new way to improve your fitness level, burn calories and build strength, join Jeff Lewis, Certified Spin Instructor, from InMotion Cycling & Fitness Studio as he leads you along rolling hills and flat roads for an energizing & fulfilling workout in only 30 minutes! Whether you are a seasoned rider or a beginner this class is for all levels. A stationary bike, water, laptop, or smartphone is all you need.

Don't have a bike but want to ride? InMotion Studio has Spin Bikes available for lease. Email Jeff@inmotioncycling.com for more details on lease pricing and availability*.

*Bike lease costs are NOT covered by MIIA should you choose to take advantage of this option.

[Register here.](#)

Self-Care Strategies for Parents and Caregivers of School Age Children

Wednesday, October 13, 2021, 4:00-4:45 pm

Being a caregiver is rewarding, however it can also be exhausting. Add on the uncertain landscape of the pandemic, increased responsibilities of supporting and educating children, along with blurred lines between home and work life; caregiver depletion is on the rise. When we are depleted, our patience runs thin, and we are more apt to burnout in all of our respective roles. In this 45 minute experiential workshop, Trish Hart, Stress Management-Yoga-Meditation Specialist, will help you learn healthy ways of protecting your boundaries and managing stress that will create a thriving environment for you and your children.

[Register here.](#)

Managing Anxiety with Yoga

Wednesday, October 27, 2021, 4:00-4:45 pm

Stress and anxiety have been implicated as contributors to many chronic diseases and to decreased quality of life. Trish Hart, Stress Management-Yoga-Meditation Specialist, will show how using yoga as a tool can have a wide variety of therapeutic benefits to help reduce anxiety. Discover why yoga works through neuroscience education, yoga philosophy and practice! Please have a yoga mat and a blanket for your practice.

[Register here.](#)

Sleep Soundly

Wednesday, November 10, 2021, 4:00-4:45 pm

Sleep is not only a biological necessity but also a physiological drive. In today's fast-paced world, though, a good night's sleep is often the first thing to go. The effects of inadequate sleep can negatively impact us physically and emotionally. Trish Hart, Stress Management-Yoga-Meditation Specialist, will help you understand what causes sleep deprivation and what you can do to prevent it and remedy it.

[Register here.](#)

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 wellness videos anywhere, anytime. [Click here](#) for instructions.

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! *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!

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. 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](#).