



Educate. Motivate. Inspire.

WELLNESS SEMINARS

Choose from a wide range of educational seminars to support your employee wellness goals.

Seminars are delivered by our highly-trained wellness coaches.

Choose a time and date that works best for your population. Seminars are an hour in length and may include handouts. 15 attendees required.

To learn more, contact wellness@magellanhealth.com or at 801-503-0356

Know Your Numbers – Learn what is “at-risk” and what are healthy ranges for blood pressure, cholesterol, body mass index, blood glucose and body fat

Perfecting Imperfection – Make peace with your inner critic

True Grit: Building Resilience and Managing Stress

Healthy Eating – Review USDA guidelines, nutrition labels, portion sizes, and get tips

Healthy Meal Planning – Be prepared for healthy mealtimes

Savvy Shopper – Make healthy and cost effective choices at the grocery store

Time Management – Feel more in-control of each minute of the day

Exercise Your Way – Be active, and understand the difference between “exercise” and “physical activity” and why they are both important

Healthy Cooking Demonstration – Additional cost for supplies