



HealthyLife[®] Learn

Engage in fun, educational, health-improving lunch and learns to help improve your health. Integrates all areas of wellness to promote happy and healthy staff. Each course is broken down into easy-to-digest chapters with quick follow up quizzes within a mobile and user-friendly interface.

AVAILABLE COURSE TOPICS:

General Health

Organic Living
Water

Heart Health

Food is Medicine
Forks, Feet, Fingers
Fun Extras from Dr. Kahn
5 Health Numbers to Know
Obesity in America

Nutrition

The Basics of Nutrition
Vegetarian and Vegan Diets
Holiday Weight Management

Fitness

Life in Motion
Fast, Friendly Fitness
Beyond Fitness

Yoga & Physical Therapy

Back to School 101
Workfit
Yoga for Carpal Tunnel

Stress Management

Intro to Meditation
Meditation Instructions
Meditation Lesson
Radiant Living Strategies
Stress Management

True Wellness

Body, Mind, Spirit

Financial

Getting Organized
Debt & Taxes

Visit HealthyLifeLearn.com