

Wellness YOUR WAY



NICOLE LACHAPELLE-STRUMSKI HANNAH GEHRKE-KELTGEN

Select a combination of sessions to create a customized wellness experience, with the option to continue through a wellness series that supports lasting healthy habits.



WELLNESS SERIES

This series offers flexible wellness topics with actionable steps and interactive activities. Options include mindset and celebration practices, hydration, movement, quality sleep, gratitude, and protein prioritization—designed to build sustainable, healthy habits over time.



RETHINK YOUR DRINK

Small beverage choices can make a big impact. Learn how to swap sugary drinks for nutrient-rich options that support hydration, energy, and overall wellbeing—without sacrificing flavor or enjoyment.



THE TIP IS TO FLIP

Empower smarter food choices with one simple habit: flip the label. This session teaches participants how to read nutrition labels, see past marketing claims, and confidently choose foods that support their health goals.



OFF THE BEATEN PATH: WELLBEING UNBOXED

Discover fresh, out-of-the-box wellness ideas that move beyond traditional approaches. Participants leave with practical, ready-to-use tools to increase energy, enhance wellbeing, and support metabolic health—regardless of age or fitness level.



WORK-LIFE HARMONY: PRACTICAL TOOLS FOR REAL BALANCE

Constant connectivity can lead to stress, burnout, and reduced mental wellbeing. This session provides realistic strategies for setting healthy boundaries and creating greater balance, satisfaction, and sustainability at work and home.



WORKPLACE WELLBEING: WHERE DO WE START?

Workplace wellbeing goes far beyond walking challenges and holiday parties. This session explores practical strategies that boost productivity, reduce turnover, and foster a thriving, loyal team through nutrition, movement, and work-life harmony.



MORE INFORMATION: MNSCSC.ORG/SERVICES/WELLNESS-SERVICES