CITY OF CONCORD WELLFLEX PROGRAM

Concord Food Co-op
The Natural Community Market
CONCORD • NEW LONDON

Jump Into A New Way of Thinking

The City of Concord's Wellness team has partnered with the Concord Food Co-op to bring you a number of Workshops led by several of the Concord-area's top holistic practitioners. The workshops cover a wide range of health and nutrition topics and many are eligible for Wellflex credit. The workshops and are open to Wellflex participants & the area Community

GREEN & CLEAN

In this class, Kelly Lang, a Holistic Health Coach, will show you how to avoid toxic cleaning products by learning how to make your own. Kelly will supply recipes and instructions (and will demonstrate) how to create simple and effective cleaning products while keeping costs low.

Tuesday, July 8, 2014

6:00 PM—7:30 PM—Council Chambers

NAVIGATING YOUR HEALTH ALTERNATIVES

If you're looking for natural health answers, where do you turn? How do you decide between a massage therapist or a chiropractor? Should you see a naturopath or an herbalist? What should I expect to pay? How do you find someone covered by your insurance? Join us for this panel discussion with some of our area's top natural health practitioners to teach you how to determine which type of practitioner best suits your needs, resources on how to find various types of practitioners, and questions you should ask .

Tuesday, August 12, 2014

6:00 PM - 7:30 PM—Council Chambers

MAGIC OF SELF-MASSAGE

How often do you take care of your body and address areas that are stiff and/or tight? Join Dr. Sam Sanzone, DC, Chiropractor, and Erin Girzone, Personal Trainer, as they show you how to use various tools, such as foam rollers, balls, or rolling "sticks" to perform self-massage. You will be AMAZED at how you will feel! This class will demonstrate that YOU have the power to feel BETTER and move WELL.

**Please wear comfortable clothing as this will be a "learn by doing" class.

Tuesday, September 9, 2014

6:00 PM - 7:00 PM—Fire Headquarters Training Room

All employees and spouses are welcome to attend during their 'non-work' time. You and/or your city-insured spouse will earn one (1) Wellflex health education unit each for attending this workshop.

You may register for the education session through the employee training database located at: www.onconcord.org/training/training.asp or you may contact HR at 225-8535 for assistance or additional information.