



One Empower past participant wrote:

“WOW! Thanks so much for encouraging and educating us throughout this program! The balancing of factual information and personal interaction created a great learning environment. You have made a positive difference in our lives.”

EMPOWER the WORKFORCE

Tuesday, May 30 – Orientation

Mondays June 5 – August 7

12:00 noon – 12:45 pm

Rosemary Garfoot Cross Plains Library
2107 Julius Street

Group Walks on
Tuesdays and Thursdays

Empower the Workforce is a comprehensive program to help you create a healthier lifestyle. It fosters a social support philosophy to achieving health to lower disease risk. We will incorporate **physical activity** and **nutritional knowledge** in a supportive environment. This new pilot program, now in its second year, is being offered to you by the LIFE Foundation with the support of the Chamber of Commerce Cross Plains at no cost to you thanks to funding provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.

The EMPOWER program is comprised of **10 support group sessions** where goals, successes and challenges are discussed in a positive way. Nutritional information will be provided and behavioral skill learning will be presented. The program was created by Dr. Jane Busch, and project manager is Brittany Zander, Health Promotion and Wellness UW Steven Point intern. Medical director is Dr. Dan Jarzemsky and Emmy Benson is the Empower dietitian.

Participants will be asked to attend group meetings, set personal goals, keep a food journal and commit to a minimum of 3 hours of physical activity per week.

We will offer **group walks** every Tuesday and Thursday at noon. There will be a Cross Plains walk route designed to pass by as many participant businesses as possible making a loop through the village. While not mandatory, they are strongly recommended.

Additional options include:

- Cross Plains Recreation classes
- health club (cost involved, a health insurance rebate may apply)
- sports: basketball, volleyball, biking, tennis, golf, skiing
- pedometer walking/hiking

EMPOWER the WORKFORCE

Group Meeting Sessions:

Tuesday, May 30 Orientation

Monday, June 5 Nutritional Facts, Food Labels, Food & Fitness Apps

Monday, June 12 Be Active at Work

Monday, June 19 Mindful Eating, Emotional Eating

Monday, June 26 Diets, Portion Control, Sugar Beverages

Monday, July 3 No Meeting

Monday, July 10 Menu Planning, Work Lunches, Recipe Modification

Monday, July 17 Healthy Recipes Cooking Demonstration

Monday, July 24 Motivation in the Workplace & Home

Monday, July 31 Active Games

Monday, August 7 Celebration

Note: Session topics subject to change.

This course is open to Chamber members and their employees.

Sign up is limited, register by email

amy.cpchamber@yahoo.com

or

crossplainslife@gmail.com

