



KCCC would like to thank your company for participating in this year's Games with this one-time FREE offer. Whether you are gearing up for the games or staying healthy throughout the rest of the year, there will be a topic of interest for everyone. A full menu of choices can be found below. Don't miss this one-time **FREE** opportunity for your company to have a presenter speak at your workplace! First session is on us, additional sessions are available for a fee, fees vary per presentation. Sessions are available Feb 1st-June 30th.

2019 Menu of Choices

Inclusion KC

Midwest Adaptive Sports is a nonprofit organization that creates opportunities for people with disabilities to be active, engaged and included in adaptive sports. Learn about our current sports, clinics, all-inclusive events and ways we can help your organization create or be a part of some of these events.

Charlie's House: Keeping Children Safe In and Around the Home

Charlie's House was named in memory of Charlie Horn, a KC boy whose life tragically ended at the age of 2 when a small dresser in his home fell on him. In 2007, a group of concerned volunteers joined together to stop in-home accidents and Charlie's House, a non-profit organization, was created. The mission of Charlie's House is to prevent accidents and injuries to children in and around the home. Last year we held a ground breaking ceremony to build the first Safety Demonstration Home in the USA where parents, grandparents and caregivers can learn first-hand how to safety-proof your home.



Our presentation will focus on how to keep your family safe in and around the home. This includes instructions on how to secure furniture to the wall to help keep your Charlie safe and how to order free safety supplies.

Josh Wolf, local Ironman

Kona athlete, Coach and Motivational Speaker, presents his message of empowering those to discover that they are stronger than they think by using his own stories to bring to life the power and hope of endurance. Topics covered during the presentation:

- Don't quit before you try: how to not defeat yourself before you even start
- We are stronger than we think: the mind is all that matters
- We believe what we tell ourselves 100% of the time
- How to reframe your thought patterns
- Visualization and Goal Setting

Full Potential Friday

Life Unlimited, a nonprofit organization serving people with intellectual and developmental disabilities, presents "Full Potential Friday": disability etiquette in the workplace and ways to get involved in the KC area disabilities community.

Fight Back Against Stress

Life these days can just be stressful! In this class, learn the physiology of stress; what is happening in your body when you are stressed. We'll discuss how this response in the body can play a role in weight, immune health, sleep, mood, and overall health. You'll learn about foods, lifestyle approaches, and supplements that help support your body in times of stress. Find a little relaxation in your busy day!

Cravings, Weight Gain and the Blood Sugar Rollercoaster

Achieving your healthiest weight is not about dieting or even pure willpower, but rather understanding how certain foods affect blood sugar levels and appetite. Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control.

Detox 101

You hear the word 'Detox' everywhere; a buzzword! But, what does it actually mean to detox the body. In this class you'll learn how the liver, digestive system, and other systems in the body detoxify. Ways to support the detoxification systems in the body will be discussed, and you'll leave with tips and tricks to support healthy detoxification!

Natural Hacks to Support a Healthy Mood

Learn all about brain health, and what is involved in supporting a healthy mood. Learn what foods and supplements nourish and support a healthy mood, and leave with some tools in your toolbox to help lighten your mood!

Women's Self-Defense – Ali Kemp Foundation

The Ali Kemp Educational Foundation's T.A.K.E. Defense Training empowers women ages 12 to 90 years of age by providing safety awareness and personal protection training and has educated over 60,000 participants since 2005. Your lunch and learn will explore ways to enhance your safety throughout your daily life and actually practice techniques related to common confrontations by an attacker. There is no need to change from your usual office attire; all females are encouraged to attend. Minimum attendance require is 30 participants; Limited to four presentations per year so register early.



Bicycle 101 in Kansas City



Cycling and you! Staff can tailor this session to fit the needs and interests of your employees! Additional topics discussed could include: The Benefits of Bicycling, Basic Maintenance Skills, Tips to Building Practical Handling Skills and How to Become a Bicycle Commuter, Organized ride. *Some fees may apply dependent on presentation. A condensed version of Kansas City's more comprehensive Adult Bicycle Training, BikeWalkKC staff will discuss bike, pedestrian and driver safety to help employees explore new transportation options.

Mental Health 101

Living with a mental illness or being the caregiver of an individual living with a mental illness can be exhausting and overwhelming. In this lunch and learn, you will be given a Mental Health Navigation Tool to help guide you through the process. You will also learn about local agencies that offer support, education and advocacy for Mental Health.

Journey to Cope

Establishing healthy routines that support your mental wellness goals can be very rewarding. Wellness routines can lead to a positive attitudes, healthy relationships, increased activity and personal growth. In this lunch and learn, you will learn techniques to COPE with everyday situations by focusing on Companions, Outlook, Personal Time and Energy. You will be given a COPE grid and Mental Wellness Monitoring tools to track your chosen COPE task and progress.

No more Bullying - Wayside Waifs

While No More Bullying!® is not the first bullying prevention curriculum on the market, we believe it has the potential to be one of the most effective. No More Bullying!® is a truly innovative bullying and violence prevention curriculum. The curriculum lessons and instructions are rooted in a rich history, reinforced by the integration of "daily practice" and reinvigorated by its resoundingly positive feedback and outcomes. Originally designed and implemented in schools, this session has been adapted for adults as a way to help create a more compassionate and humane community.

Lessons From Dogs...The Role of Community in Our Health and Well-being

Dogs can teach us so much, including how to live in community which helps us thrive physically, mentally, and be more involved in our community. This session will break down into detail about the health benefits of getting involved with your community.

Just Breathe!!

Our breath is literally an instant and direct message to our nervous system (brain and spinal cord). How many times have you heard or maybe even said these words yourself, "let's just calm down and take a deep breath"? Why do we do this and what does it really do for us? The answer is A LOT!

Stress...the Silent Killer

Learn all about the three different types of stress and how to get rid of them. Also, some great tips on how to avoid letting stress show up in the first place or minimizing the level it reaches.

Exhausted? 5 Steps to Taking Control of Your ENERGY!

This topic is designed for anyone that constantly feels like they're living in the 2:30pm feeling all 24 hours of the day. Tips to enhance energy levels and also small changes you can make to your daily routine to create big differences.

Sitting is the New Smoking

The doctors explain how our sedentary lifestyle can be just as dangerous, and if not more dangerous to our body than smoking.

Tech Neck

If you're looking down at this on a printout form or at your computer screen this is what we're here to discuss. Technology has taken over our day to day lives and wreaked havoc on our posture. We weren't created to constantly look down at our technology without causing problems to our health. We're going to show you how to combat and prevent these issues.

Workplace Ergonomics

This is specific to each workplace environment and will require and insight on day to day activities of employees. We will then educate you on how to better execute those day to day tasks to avoid injury in the workplace.

**Not seeing anything that you'd dish up on your lunch tray? KCCC will be offering ADDITIONAL lunch and learn options throughout the season! If there's a particular subject you're hungry for, don't hesitate to reach out to let us know! Alison Smith, Lunch and Learn Chef, is interested in what YOU want to learn about over lunch!*

For more information contact Alison Smith at 913-826-2953 or alison.smith@jocogov.org.

