LAKEMARY EMPLOYEE WELLNESS

Wellness Class Schedule

January- March 2026

Nutrition Workshop- *Using Food to Prevent Disease (15 points)*

This year's theme is "Using Food to Prevent Disease." The three-part series will cover topics on nutrition metabolism, use of food in disease prevention, and strategic application (meal prepping, shopping on a budget, etc). You must register in advance to attend the workshop which is limited to 10 employees for each location. Spots are available on a first-come-first serve basis, see details below. Participants will be entered into a drawing for a new knife set, air fryer, or meal prep kit!

Olathe
January 13th, 20th, and 27th at 2:00pm- Keeler Lg Conference Room
*Spots available to 10 employees on a first-come-first serve basis.

Paola
January 13th, 20th and 27th at 8:30am- Ursa Lg Conference Room
*Spots available to 10 employees on a first-come-first serve basis-

Please use this link to register: *REGISTRATION FULL*

January Third Thursday- *How to Form Healthy Habits (5 points)*

Learn how to create, establish, and maintain healthy habits. We will study principles from the book, “Atomic Habits” by James Clear. The class will be held via teams meeting- registration is not required.

Virtual
January 15th at 12:00pm- See Lakemary email for link to join.

February Third Thursday- *How to Optimize Sleep (5 points)*

Learn how to optimize sleep patterns through nutrition and lifestyle. The class will be held via teams meeting- registration is not required.

Virtual
February 19th at 12:00pm- See Lakemary email for link to join.

March Third Thursday- *How to Read Food Labels (5 points)*

Learn how to read and interpret food labels including how to understand what’s in those confusing ingredient lists. The class will be held via teams meeting- registration is not required.

Virtual
March 19th at 12:00pm- See Lakemary email for link to join.