

NEW ONLINE EDUCATION COURSES

If you don't have time to connect and engage with a health coach, participants are able to learn and achieve on your own schedule. Progress at your own pace and complete each session on your own time to become the best version of you!

To access online courses log into your account on the MyWellPortal, click on the 'Coaching' tab, select 'Online Education Courses', and scroll down to click on 'Get Started' on the course of your choice.



Stress Management

Our ability to manage our stress well, to balance our work and personal responsibilities, get enough restful sleep and keep our energy levels up are key to good health. The UBalance program can help participants find balance and return the vitality to their life



Tobacco Cessation

The course will provide access to resources, as well as real-life techniques to make this time the one that lasts forever!



Financial Fitness

It may seem that managing our finances is complicated, but it doesn't have to. Participants will learn about their spending habits, how to create and stick to a budget, and will implement action steps to plan for their financial future.



Nutrition

Participants learn how to fuel their body for health, weight management, optimal sports performance and disease prevention.



Family Health

Families today are not only raising children, but may also be caring for aging parents, managing chronic conditions, as well as many other circumstances. Participants learn skills to improve their health and the health of their entire family, no matter how unique they are.



Physical Activity

Lack of physical activity is a risk factor that contributes to a decreased quality of life. In this course, participant will learn to design a personal fitness program to meet their needs.