

ACSHIC 2025 6-MONTH SERIES

LYTLE EAP PARTNERS

An AllOne Health Company

January



The Importance of Sleep

Description:

This training dives into the importance of sleep and how it affects our body and mind, along with providing tips on how to incorporate and promote restful sleep into your routine.

January 14th @ 4:00

February



Matters of the Heart

Description:

This talk will teach us what our heart muscle does every single day and how we can take care of it, no matter our age, gender, genetics, or fitness level. It DOES matter!

February 11th @ 4:00

March



Mindfulness

Description:

This training will inform and guide us through a variety of mindful techniques and learn how to implement them into your everyday life.

March 11th @ 4:00

April



At-Home Workouts That Add Up

Description:

Join us to discuss some easy exercises you can do at your home or workstation to stretch, strengthen and gain mobility throughout the day. No equipment is necessary!

April 8th @ 4:00

May



Eating for Energy

Description:

This talk explores which foods can provide you with optimal energy, as well as best practices that you should consider when it comes to coffee, water, sleep, and physical activity.

May 13th @ 4:00

June



Shift Happens

Description:

The stress we experience in today's world is the constant drip of a leaky faucet, if left unattended, it will ruin the entire sink. Let's share healthy coping strategies you can practice for self-care during times of change

June 10th @ 4:00

Join virtually! No registration required.



Allegheny County Schools
Health Insurance Consortium