

Worksite Wellness Programs

presented by Cornell Cooperative Extension of Suffolk County



The Family Health and Wellness educators of Cornell Cooperative Extension are pleased to offer the following worksite wellness programs at your site. Each program is 1 hour in length and can be offered in-person or virtually. The fee for our in-person programs is \$250 and our fee for virtual programs is \$175. We offer the option to schedule 3 programs and receive a 4th session for free. To schedule a program or if you have questions, please e-mail the educator who is listed after the program description.

Caring for Yourself in Stressful Times: Preventing Burnout

Caring for oneself means taking time to do things for our own mental, emotional, and physical health. Often, we forget about self-care as we become stressed or overwhelmed, just when we need it most. Caring for oneself allows us to be more resilient and better manage stress, allowing us to do a better job of meeting our responsibilities. During this program we will introduce strategies for stress management, discuss signs and causes of burnout, and offer suggestions for self-care.

Educator: Kerri Kreh Reda, kk5@cornell.edu

Managing Life after Retirement

We all know that retirement has implications for our bank account. However, retirement is a big change that impacts our relationships, our sense of purpose and identity as well as our physical and emotional health. During this workshop we will review the stages of retirement and look at the four steps identified by researchers at Kansas State University that can improve one's overall retirement experience by avoiding the most common challenges new retirees often face.

Educator: Kerri Kreh Reda, kk5@cornell.edu

Understanding and Improving Personal Wellness

Wellness can be defined as a dynamic process of learning new life skills and making conscious choices toward a more balanced and healthier lifestyle. During this program, we will explore 8 dimensions of wellness. You will assess your current wellness and identify strengths as well as areas that may benefit from improvement. Suggestions for each wellness domain will be offered to guide your efforts in improving your overall wellness and become the best version of you.

Educator: Kerri Kreh Reda, kk5@cornell.edu

Managing Stress

Life can be stressful, and stress can affect us physically, emotionally and mentally. Too much stress or chronic stress can have negative impacts on our health and relationships. During this program, we will identify sources of stress, personal responses to stress and what we can do to calm ourselves and better manage stress.

Educator: Kerri Kreh Reda, kk5@cornell.edu

Parenting Style - Your Style Makes a Difference

Research shows that how a parent interacts with their child sets the stage for the child's future development. The style in which a parent parents is a large part of that interaction. Research also tells us that there is one style of parenting that provides the best outcomes for children. Come to this program to learn about the different parenting styles and what style you have.

Educator: Kerri Kreh Reda, kkr5@cornell.edu

Keeping your brain healthy as you age

Oftentimes when we think about health and wellness, we think about physical health and focus on healthy eating and exercise. However, we need to consider our brain health or cognitive health as well, especially as we age. Our cognitive health encompasses our ability to think, remember, learn new things, and reason. It can decline as we age, becoming less accurate. The good news is that there is plenty to do to keep our brains healthy.

Educator: Kerri Kreh Reda, kkr5@cornell.edu

Postpartum Support and Self-Care

Taking care of yourself is essential for all new parents. While you are caring for a new baby, it is important to not neglect yourself. Whether you are the birthing parent or a partner, your body and mind has gone through many changes, while adjusting to life with a baby. Learn ways that you can take care of yourself, support your partner, and connect as a family, through the postpartum period and beyond.

Educator: Liza Haner, lh723@cornell.edu

Caring for Yourself: Managing Grief and Loss

Grief and loss are universal experiences but often remain unspoken. Whether stemming from the loss of a loved one or another type of "invisible" loss, grief is usually lasting and full of complex emotions. This workshop provides participants with a comprehensive understanding of the many facets of grief, including

the diverse ways it manifests and the frameworks that help explain our response. Whether you are grieving a personal loss or supporting someone who is, this program will help explore effective coping strategies and provide practical skills such as self-care practices to nurture healing and build resilience.

Educator: Cara Weiner Sultan, caw10@cornell.edu

Cultivating Resilience and Self-Compassion: Supporting Ourselves and Others in Uncertain Times

In times of uncertainty, resilience and self-compassion are essential for navigating challenges. Whether you're a human services professional, a caregiver, or simply seeking ways to strengthen emotional well-being, this workshop offers practical strategies for building resilience and fostering self-compassion. Through thoughtful discussion, you'll explore resilience, discover techniques to cultivate it in yourself and others and learn how self-compassion can enhance overall well-being. Join us as we develop the skills to support ourselves and those around us with strength, empathy, and confidence.

Educator: Cara Weiner Sultan, caw10@cornell.edu

Tools for Supporting Your Mental Health

This workshop provides an opportunity to explore the dynamics of emotional well-being. Participants will learn to identify the impact of stress, identify early indicators of stress and learn skills to improve emotional awareness. In this interactive workshop we will discuss coping strategies and ways to build resilience.

Educator: Cara Weiner Sultan, caw10@cornell.edu

Belonging in the workplace

Discover what belonging means and why it matters for employee well-being and company culture. This session offers practical ways organizations and individuals can help create a workplace where everyone feels valued, connected, and seen.

Educator: Valeria Marin Suarez, vm387@cornell.edu

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Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.