

Health and Wellness Workshops

Instructor-Led Online Courses
Designed for all ages!

Dawson Community College Workforce Development Team has been busy customizing and re-strategizing options for you during social distancing. This month, we will be offering health and Wellness options to keep you moving.

Join DCC's Head Cross Country/Track Coach, Alex Chase, in these customized online trainings to keep you off the couch! Alex owns her own health and wellness company, holds a Masters in Exercise Science; is a certified strength and conditioning coach through the NSCA; a personal trainer; and has worked in the health and fitness industry coaching and training for the past 5 years. Before coming to DCC, Alex has worked for a company as an online health and wellness coach where she supported hundreds of individuals as they reached their health and wellness goals to become the best version of themselves.



At-Home Workouts

Saturday, April 11, 12 pm – 2 pm
Tuesday, April 14, 12 pm – 2 pm
Cost: \$10

We are all at home, so let's work out! In this workshop you will first learn how to create your own at-home workouts, get tips and tricks on things to use around your house, and different ways to mix up your daily workouts. This is an instructor led course, after each meeting, where you learn to create your own workout, online live weekly workouts will be held for you to ask questions and try new ideas for you to continue on with your at-home workouts. Dates will be set at your convenience for live sessions.

This class is holding two sessions, Saturday or Tuesday, both 12 pm –2 pm; not required to attend both.

General Healthy Habits

Wednesday, April 15, 6 pm– 7 pm
Cost: \$10

In this workshop, you will learn different general healthy habits to put into place each week.

- Meal prep
- Water intake
- Goal setting
- Daily movement
- Nutrition habits
- Morning and daily routine
- And more!

On Sundays, we will dive into a new topic for you to implement for the upcoming week, and then we will talk about how this went for you before implementing something new. You can always make excuses for not choosing to be healthier, well now you have the time, so let's make positive changes in your life and within your home!

Dive Deep into Nutrition

Saturday, April 18, 10 am –12 pm
Cost: \$5

This is a one day workshop that will dive deep into nutritional guidance. We will talk about calories; how many you need, your daily energy expenditure, and more! We will also dive into what macronutrients (carbohydrates, fats, and proteins) are, where to get them, and why you need certain macronutrients more than others. As well as where to get micronutrients, and what you can do about your nutrition to eat to fuel your body and feel good!

Benefits of Walking/Running

Saturday, April 25, 10 am –12 pm
Cost: \$5

In this workshop, we will discuss the benefits of both walking and running, as well as different types of workouts you can implement to change things up and do in order to move your body! You will learn about how running or walking consistently can change our body both physically and mentally. You will learn how to create weekly and daily movement goals, as well as what benefits and importance's are of walking/running.

Individual pricing set, \$25 if you join all four workshops!

For more information and to register, please contact:

Sara Engle, 406-377-9441 or sengle@dawson.edu

You can also register online at www.dawson.edu

Payment options and log in credentials for each workshop will be discussed at registration.