Be Well Seminars & Events
The Be Well team is happy to offer a broad curriculum of seminars and classes designed to help you achieve your best health.

Mindfulness sessions are offered each Tuesday and Thursday, wellbeing seminars with varying topics of interest are offered every Wednesday, and American Heart Association CPR/First Aid/AED trainings are offered on the first four Thursdays of each month.

All events are free unless otherwise noted, and all are scheduled at Pacific Time. Learn more about the Living Well Health Center and take a virtual tour at http://www.mslwhc.com.

Register today! Registration for CPR is required—visit the patient portal or call (425) 216-0550 to reserve a spot. In-person and remote participation is also available for most seminars with no registration required. Sign in by clicking on the hyperlink in the event details below.

Upcoming events

Weekly schedule
Tuesdays and Thursdays, 7:30 a.m. – 7:45 a.m.: Mindfulness session
Wednesdays, Noon – 1 p.m.: Wellbeing seminar – various topics
Thursdays, 1 p.m. – 5 p.m.: American Heart Association CPR/First Aid/AED for adults, child/infant

Seminar topics and schedule
Jan 8 5 Money Musts
Jan 15 Be Well Kickoff
Jan 16 Early Pregnancy Awareness: US Healthcare Perspective
Jan 22 Make the Most of Your Retirement Savings
Jan 29 Resolving Financial Conflict in Intimate Relationships
Feb 5 Get Moving: The Importance of Exercise on Cardiovascular Health
Feb 12  The Power of Presence
Feb 19  Equity Compensation and Your Financial Wellness
Feb 26  Invest Confidently in Your Future

Mar 3  Why Women Can’t Sleep
Mar 4  Prepare for the Reality of Healthcare in Retirement
Mar 11  Sleep Health for the Whole Family
Mar 18  Turn Your Savings into Retirement Income
Mar 25  Sleep

Event details

Weekly events
Every Tuesday and Thursday, 7:30 a.m.
Mindfulness session
Available only via Skype
Learn to practice mindfulness every Tuesday at 7:30 a.m. when you join one of our wellness coaches for a 15-minute mindfulness session. Sessions will be live-streamed via Skype.

Thursdays, 1 p.m. – 5 p.m.*
American Heart Association CPR/First Aid/AED for adults, child/infant
Building 21, Living Well Health Center conference room
Register: Call (425) 216-0550 and select option 1

Sometimes a few seconds can mean life or death. If you’re confronted with a health emergency, do you know what to do? Learn CPR, first aid, and how to use an automated external defibrillator (AED) on adults, children, and infants in this session presented by the American Heart Association.

*Note: This class requires prior registration at the phone number listed above.

January’s wellbeing seminars

5 Money Musts
Wednesday, January 8, Noon – 1:00 p.m. | Add to Outlook
Building 21, Living Well Health Center conference room | Teams participation available

If you want help saving for multiple goals: Mastering your money doesn’t have to be hard. You just need to know these five core money concepts to help you build a solid foundation for your finances.

Be Well Kickoff
Wednesday, January 15, Noon – 1:00 p.m. | Add to Outlook
Building 21, Living Well Health Center conference room | Teams participation available
What is Be Well? Join us to learn more about Microsoft’s new Global Well-Being program! Official kickoff is January 22nd and you won’t want to miss it. This program isn’t just for your physical health- learn what Microsoft is doing for your financial and emotional/mental health as well. Discover the Be Well platform and all it has to offer while we also discuss how this program is coming to life onsite as well. You will also learn more about how you can become a Champion for the Be Well program in your location.

**Early Pregnancy Awareness: US Healthcare Perspective**
Thursday, January 16, Noon – 1:00 p.m. | [Add to Outlook](#)
Building 21, Living Well Health Center conference room | [Teams participation available](#)

EvergreenHealth and Overlake Hospital and Medical Clinics are collaborating to bring you a new early pregnancy class geared towards those new to healthcare in the United States. This 90-minute class that provides an overview (from the perspective of the Pacific Northwest) of the pregnancy journey from preconception through birth and early postpartum.

**Make the Most of Your Retirement Savings**
Wednesday, January 22, Noon – 1:00 p.m. | [Add to Outlook](#)
Building 21, Living Well Health Center conference room | [Teams participation available](#)

If you want to save more for retirement: Learn how to maximize your retirement savings, ways to save for retirement beyond your workplace savings plan, and steps you can take today to get prepared for retirement.

**Resolving Financial Conflict in Intimate Relationships**
Wednesday, January 29, Noon – 1:00 p.m. | [Add to Outlook](#)
Building 21, Living Well Health Center conference room | [Teams participation available](#)

At some point in a relationship people may find themselves in emotional and financial gridlocks with the person they really care about. These gridlocks can make people feel lost, desiring to hold on to what they believe, but leaving you not knowing how to make room for someone else’s perspective, especially when it is in opposition to yours. Explore a three-step process to resolving these gridlocks. In financial conflict, there is always more going on below the surface.

**February’s wellbeing seminars**

**Get Moving: The Importance of Exercise on Cardiovascular Health**
Wednesday, February 5, Noon – 1:00 p.m. | [Add to Outlook](#)
Building 21, Living Well Health Center conference room | [Teams participation available](#)

Dr Vitello is a practitioner with Overlake Medical Center. She is board certified in Cardiovascular Health, Echocardiography, and Internal Medicine. Dr Vitello is joining us to share the importance of physical activity on your cardiovascular health.
**The Power of Presence**
Wednesday, February 12, Noon – 1:00 p.m. | Add to Outlook
Building 21, Living Well Health Center conference room | Teams participation available

Mindfulness has become a mainstream concept used in nearly every corner of society. Athletes, teachers, counselors, and celebrities regularly use mindfulness strategies to actualize potential and improve their emotional wellbeing. However, many people do not understand what Mindfulness is, how to use it, and how they benefit from it. During this training, you will learn the neurological, psychological, and relational benefits of mindfulness as well as practical ways to incorporate mindfulness into your daily life.

Learning Objectives:
- Understand what mindfulness is and what it is not
- Develop strong understanding of the neurological, psychological, and relational benefits of mindfulness
- Learn how to practice mindfulness and how to develop a daily practice that will enhance overall well-being

**Equity Compensation and Your Financial Wellness**
Wednesday, February 19, Noon – 1:00 p.m. | Add to Outlook
Building 21, Living Well Health Center conference room | Teams participation available

Recognize key considerations for making the most of your equity compensation within your larger financial plan.

**Invest Confidently in Your Future**
Wednesday, February 26, Noon – 1:00 p.m. | Add to Outlook
Building 21, Living Well Health Center conference room | Teams participation available

If you want to manage your own investments: Learn how to build and manage a long-term investment plan—for all your accounts—that you can feel confident about.

**March’s wellbeing seminars**

**Why Women Can’t Sleep**
Tuesday, March 3, Noon – 1:00 p.m. | Add to Outlook
Building 21, Living Well Health Center conference room | Teams participation available

Many women struggle to fall asleep or stay asleep after 35 years of age as the female body prepares for menopause. Sleep expert, Dr. Darley, will share tips and tricks to help perimenopausal and menopausal women manage their changing circadian rhythm and deal with common sleep-related issues. She will also explain the most effect way to use Melatonin and other natural sleep aids to help you get a restful night’s sleep.
Prepare for the Reality of Healthcare in Retirement
Wednesday, March 4, Noon – 1:00 p.m. | Add to Outlook
Building 21, Living Well Health Center conference room | Teams participation available

If you want a better understanding of health care in retirement: Learn about the costs of health care in retirement and how you can prepare for them.

Sleep Health for the Whole Family
Wednesday, March 11, Noon – 1:00 p.m. | Add to Outlook
Building 21, Living Well Health Center conference room | Teams participation available

When the household has sleepers of many ages, it can be a challenge to meet everyone’s sleep needs, or even to know what sleep pattern is healthy for each of you. This class will discuss what sleep pattern and concerns are prevalent for each age, from the young child to the senior.

- Discuss sleep norms by age.
- Learn common sleep issues and red flags for each age group.
- Strategize how to make a sleep healthy home for the whole family.

Turn Your Savings into Retirement Income
Wednesday, March 18, Noon – 1:00 p.m. | Add to Outlook
Building 21, Living Well Health Center conference room | Teams participation available

If you’re planning to retire within the next few years: Learn the benefits of a retirement income plan, factors to consider when transitioning your savings into income, and ways to develop a retirement plan that suits your goals and lifestyle.

Sleep
Wednesday, March 25, Noon – 1:00 p.m. | Add to Outlook
Building 21, Living Well Health Center conference room | Teams participation available

According to the National Institutes of Health, “Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.” Join wellness coach, Danielle Dombek to learn how all five of your senses affect your sleep quality.