

Healthy Sussex WORKSITE Wellness

FALL 2018



OUR MISSION

To assist local businesses in promoting health and wellness amongst their employees and employees' families.

OUR OBJECTIVE

To form a system of prevention and health support in the business community that is comprehensive, organized, value based, cost effective and sustainable.

ELIGIBILITY

To be eligible for this program, you must be an employee of one of the Worksite Wellness locations. Community members that are not employed by one of the locations may still take part in the activities but must pay a fee if applicable. Go to HealthySussex.org for fees.

LUNCH 'N LEARN

LUNCH 'n LEARNS In addition to healthy exercise; Worksite Wellness businesses can receive free Lunch 'n Learns. Let the Worksite Wellness team host a healthy lunch at your place of business and a health expert can deliver a healthy message of your choice to your employees!

NOW SERVING—SLOW COOKER MEALS!

October 19, 2018
12–1 p.m.
Beebe Hospital (Employees only)

NUTRITION FACTS LABELS—THE LATEST

November 2, 2018
12–1 p.m.
Seaford Library

MAKEOVER YOUR LEFTOVERS

November 16, 2018
12–1 p.m.
Adams State Service Center



PLEASE VISIT OUR WEBSITE AT HEALTHYSUSSEX.ORG FOR ALL UPCOMING CLASSES.

TO REGISTER CALL
302-858-4764

Program provided by

SUSSEX 
COUNTY HEALTH COALITION

INSTRUCTOR PROFILE



After being diagnosed with Lupus, Monica felt the need to find something that would bring some calmness to her life and to help her to escape for a moment. Over ten years ago, a friend introduced Monica to yoga, and at the end of her first practice, Monica knew that this was the something that she was searching for. She never looked back!

Monica knew that she wanted to share this beautiful practice and feeling with others, so she enrolled in the registered yoga teacher training (RYT) program at Serenity Yoga where she earned her 200-hour certification. This intensive program provided Monica with the knowledge and tools on how to teach Vinyasa, Yin, and meditation.

Each day Monica steps onto her mat, she feels grateful to have a place to go when she wants to escape for a moment and to bring some calmness to her life. This is the feeling that she strives to cultivate in her students. She brings a lightness and humor into her classes. With a drive and desire to help others, Monica emphasizes the need to understand the importance of breath and movement and reminds her students to find the balance between effort and ease. When you come to her class, she will encourage you to “come as you are”, be present in the now, and to enjoy your escape on your mat.

WORKSITE WELLNESS

STEP & SCULPT

This step aerobics class gives you simple, heart-pumping routines combined with strength training intervals to give you a complete cardio/weight workout.

Monday & Thursday, 5:45-6:45 p.m.
September 10–October 18
Seaford Library, North Market St.
Seaford, DE

Instructor: Kathy Yorton

CARDIO DANCE

Cardio Dance will have you groovin' to a broad range of musical genres. This workout includes both high and low intensity intervals to provide for a maximum calorie burn. It is perfect for all levels of fitness.

Monday & Wednesday, 5–6 p.m.
September 10–October 18
Thurman Adams State Service Center,
546 S Bedford St, Georgetown, DE
Instructor: Carla Ennals

FULL BODY BLAST

High Intensity in deep water. This class tones your heart, muscles, and mind. Burn calories and have fun doing it.

Monday & Wednesday, 5:30-6:30 p.m.
October 8–November 7
Sussex Academy Aqua Center, 21150
Airport Rd, Georgetown, DE 19947
Instructor: Maria Reed

HIP HOP CORE

Hip Hop Core fuses rhythms and dance moves together to create a dynamic workout. This workout engages the entire body and helps you build muscle tone. Class is perfect for all levels.

Monday & Wednesday, 5:45-6:45 p.m.
December 3–January 16, 2019
Thurman Adams State Service Center,
546 S Bedford St, Georgetown, DE
Instructor: Carla Ennals

CARDIO PILATES

Get ready to sweat! This challenging workout will take classic mat Pilates to a new level. This will be an interval style class that alternates between cardio exercises to increase your heart rate and classic Pilates exercises to tone and lengthen every part of your body.

Tuesday & Thursday, 5:45-6:45 p.m.
December 3–January 17, 2019
Seaford Library, North Market St.
Seaford, DE
Instructor: Kathy Yorton