

Henrico Wellness Academy

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for more info



Join virtually on
Teams!



Session Dates and Topics

All sessions will take place from 12:15 - 1:15 PM on
scheduled dates at the Henrico Training Center

September 11th, 2024 - The Weight Debate: Food vs. Fitness

Explore the critical roles of nutrition and exercise in weight management, and learn from Bon Secours Dietitians how to balance both for optimal health.

October 16th, 2024 - Debunking the Myths of the Fitness Industry

Learn the truth from Anthem EAP Trainers behind common fitness misconceptions and get evidence-based insights to enhance your workout routines.

December 11th, 2024 - Meal Prep 101

Bon Secours Dietitians will walk you through getting started on efficient meal prepping to support your health goals and give you tips on how to save time.

February 12th, 2025 - Dealing With Sleep Issues

Are you having trouble sleeping? Learn more about sleep disorders, sleep studies, and tips for dealing with insomnia from Anthem EAP Trainers.

March 12th, 2025 - Healthy Eating at Work

Discuss maintaining a healthy diet during the workday and how to make smart snack choices with Bon Secours Dietitians.

May 7th, 2025 - Exercise as You Age

Discover how to overcome barriers to being physically active by learning how to plan a safe and balanced exercise routine.

