



Health and wellness sessions

MESSA Health Promotion Consultant Rhonda Jones offers free sessions to MESSA groups. Learn strategies and techniques to improve health and wellness at home and in the workplace. Contact Rhonda at healthy@messa.org.



Getting a Good Night's Sleep Session

- Identify key factors that influence sleep quality
- Learn about health consequences of insufficient sleep
- Discover practical strategies to improve sleep



Mindful Movement Session

- Understand the health benefits of regular movement and exercise
- Get tips for creating a personalized workout:
 - » At home
 - » At work
 - » At the gym



Keys to Wellness Session

- Explore how chronic stress impacts health
- Understand the foundational biology of stress
- Learn how to maintain wellness through:
 - » Mindfulness
 - » Movement
 - » Nutrition



MESSA Wellness Benefits Session

Overview of free health and wellness benefits available to you and your dependents.



Eating for Good Nutrition and Wellness Session

- Recognize the Standard American Diet (SAD)
- Understand the health risks associated with SAD
- Learn how to eat in a way that supports:
 - » Overall wellness
 - » A strong immune system



Stress Mastery and Resilience through Mindfulness Session

- Understand the link between chronic stress and health issues
- Learn the basic biology of stress
- Gain tips on mastering stress through mindfulness techniques



Managing Menopause Session

- Learn strategies to navigate menopause chaos
- Address challenges of menopause:
 - » Hot flashes
 - » Sleep disruptions
 - » Mood swings
- Learn healthy management strategies:
 - » Movement
 - » Nutrition
 - » Stress reduction
 - » Treatment options

Length of sessions can be customized based on request.