

Chelmsford – A Great Place to Work Well Power in its 6th Year!



- Have fun! Improve health!
- September 1, 2019 – December 31, 2019
- New things coming in 2020. Stay Tuned.

Who may participate?

All **Town of Chelmsford** employees and spouses may participate in any of the MIIA-sponsored on-site, online and telephonic programs.

You are eligible to earn prizes on select programs if:

- You are an employee on the Chelmsford MIIA/BCBSMA health plan.
- You are a spouse on the Chelmsford MIIA/BCBSMA health plan.
- You are a full-time Chelmsford employee, not on the Chelmsford MIIA/BCBSMA health plan.

Programs will be scheduled throughout the year. We will email all the details about how to register. Unless otherwise noted, dates, times, locations and registration deadlines will be promoted via email.



Year 6 Well Power Fall Programs

Line Dancing (11 weeks/ 4:15 PM/Town Offices Gym) Kathleen is ready to challenge you to some new and exciting dances. If you like to dance to country music, top 40, swing and everything in between then this class is for you. Come and dance to all the latest line dances being done around the world. This class offers a complete mix of music with emphasis on learning the basic terminology and basic steps of line dance. Kathleen Crocker – **Mondays, 9/23, 30, 10/7, 21, 28, 11/4, 18, 25, 12/2, 9, 16. Skipping 10/14 and 11/11 holidays.**

Tai Chi Tuesdays on the Common (6 weeks /4:00 PM/Chelmsford Common) Tai Chi is often described as meditation in motion. The gentle flowing movements help release stress and foster tranquility, while promoting peace of mind and physical wellness. Tai Chi practitioners see benefits like improved balance, increased strength and flexibility, higher levels of energy, and stronger muscles. Current practitioners and those new to Tai Chi are welcome to participate. Participants will learn foundational Tai Chi movements, including an introductory Tai Chi short form, along with selections from Qigong. Jill Potsaid. Meet on the Common - **Tuesdays, 9/3, 10, 17, 24, 10/1, 8.**

Eating Mindfully (6 weeks/4:00 PM/McCarthy Library) This class focuses on eating behavior, habit loops, and changing your relationship with food forever. It is the only program to combine mindful awareness with an evidence-based, step-by-step approach to rewire your brain for change. The EatRightNow app is included in the program. Participants purchase it initially for \$25. MIIA will reimburse with an Amazon gift card for those completing 4 weeks. Sandy Sarni, RD - **Tuesdays, 10/15, 22, 29, 11/5, 12, 19.**

Essentrics Stretch and Tone (8 weeks/4:00 PM/North Chelmsford Community Center) This unique, non-impact exercise program rebalances the body by stretching and strengthening all 650 muscles equally in every workout without weights or equipment. Essentrics draws from the strengthening principles of ballet to create long, lean muscles; the flowing and healing movements of tai chi to release chronic tension; and the neuromuscular techniques from physical therapy to increase flexibility and range of motion. Additional benefits include improved posture, increased energy, and relief from chronic aches and pains. Wendy Madden - **Wednesdays, 9/18, 25, 10/2, 9, 16, 23, 30, 11/6.**

Cardio Dance (5 weeks/4:00 PM/North Chelmsford Community Center) Come boost your fitness routine with a fun, fresh, and energizing cardio workout! The class is great for all fitness levels. You don't have to be a dancer or have rhythm to get a great workout! The class will consist of a blend of dance moves, aerobic exercises, and strength exercises to give you an awesome, full body workout! Options and modifications will be offered to accommodate everyone! Let's get dancing! Kathleen Caram - **Wednesdays - 11/13, 11/20, skip 11/27, 12/4, 12/11, 12/18**

Strengthen & Lengthen Yoga (9 weeks/4:00 PM/North Chelmsford Community Center) Tension and tightness are welcome in this one-hour mat-based class. We'll take a deep dive into movements to stabilize the core, lengthen the muscular body and relax the mind. This beginner-friendly restorative class is designed to complement the demands you already put on your body whether you are an athlete, a desk-sitter or a multi-tasking human. Keep showing up and see what happens! Sammy Brown Goodrich - **Thursdays 9/19, 26, 10/3, 10, 17, 24, 11/7, 14, 21 Skipping 10/31**

ONLINE Staying Brain Savvy Webinar (6 weeks) The brain's ability to function can start to deteriorate as early as age 45, suggests a study in the British Medical Journal. That's why we developed Staying Brain Savvy. Discover how food, sleep, stress and other habits can affect your thinking and focus. Learn practical, easy-to-follow diet, exercise and lifestyle tips and strategies to improve your overall brain health. All it takes is 10 minutes/week. **Sept 23 - November 3.**