

Achieve
Well-being@Work

Take charge of your well-being your way

A wellness program for the
AFSCME District Council 47
Health & Welfare Fund



You make Philadelphia happen!

Now it's your turn to live a healthier, happier, and more balanced life!

AFSCME District Council 47 Health & Welfare Fund (DC47) has teamed up with Independence Blue Cross and HealthEase to offer a Wellness Wednesday program. These sessions offer opportunities to help you better manage your physical, emotional, and financial well-being.

Take time to lunch and learn

Each month, you can access free virtual workshops and an on-demand library of interactive resources on a variety of wellness topics, from fitness and nutrition to mental health and healthy living.

All sessions will take place on the 2nd and 4th Wednesday of the month at noon.

It's all available on our customized YouTube channel. Click here to access the content: [DC47 Hub](#).

To access live classes, join the Zoom meetings here:

AFSCME District Council 47
Health & Welfare Fund Series

When: 12 – 1 p.m., 2nd and 4th Wednesday of the month

Wellness Wednesday Schedule:

April 13

The ABCs of Blood Pressure – and How to Handle Hypertension

April 27

Controlling Diabetes Through Better Nutrition and Exercise

May 11

Living Better With Asthma and COPD

May 25

Aging Well: How Your Wellness Program Should “Age With You”

June 8

Getting the Most From Your Workouts

June 22

Breathing Techniques and How to Find Your Inner Calm

July 13

Smart Goal Setting

July 27

Carbs: Friend or Foe?

September 14

Slowing Down and Being Present in a Busy World

September 28

Wellness at Your Workstation

Class descriptions

The ABCs of Blood Pressure — and How to Handle Hypertension

This seminar provides a clear understanding of blood pressure and the multiple factors that affect it. You will also learn a variety of strategies for preventing and controlling high blood pressure (hypertension) for better health.

Controlling Diabetes Through Better Nutrition and Exercise

Led by a registered dietitian and a certified personal trainer, this seminar provides practical advice for preventing as well as managing prediabetes and diabetes. Both conditions will be explained in easy-to-understand terms.

Living Better with Asthma and COPD

In this seminar, a HealthEase professional will discuss two respiratory illnesses: chronic obstructive pulmonary disease (COPD) and asthma. In addition to understanding the chronic conditions better, you will get advice on smoking cessation, staying safe during cold and flu season, improving indoor air quality, and more.

Aging Well: How Your Wellness Program Should “Age With You”

This seminar takes a thoughtful look at how your body changes with age and how your wellness program needs to change depending on age and physical condition. Among the age-related changes we address are metabolism, energy, brain function, memory, bone density, and more. You will gain insights on how to follow a wellness program that will “age with you.”

Getting the Most From Your Workouts

In this seminar, get the straight facts for maximizing workouts to get results faster. A HealthEase fitness professional explains how to condition your cardio health, muscular fitness, and flexibility most efficiently and effectively.

Breathing Techniques and How to Find Your Inner Calm

Our HealthEase wellness specialist will walk through many calming breathing techniques, discuss how to tap your inner calm even during a chaotic day, and help you understand why inner peace is so crucial to being our best self and living well.

Smart Goal Setting

Have you ever set a goal for yourself but weren’t sure how to achieve it — or you abandoned your plan because it was unrealistic? Step by step in this seminar, you will learn the proven S.M.A.R.T. method to define and achieve your goals quicker.

Carbs: Friend or Foe?

Learn the top reasons to keep carbohydrates in your diet. Understand the difference between complex carbs and simple carbs. Discover why carbs are vital to your health and well-being. Avoid low-carb pitfalls and sugar hazards.

Slowing Down and Being Present in a Busy World

It’s all too easy to let the demands of work and family take control of our time, leaving us to feel unsatisfied, even unhappy. Learn the benefits of being present in your daily life, how to hold space for others, and ways to stop distractions from steering you off course.

Wellness at Your Workstation

If you spend hours each day sitting in front of a computer screen, you know how it can drain your energy and cause bodily discomfort. Participate in this workshop, where a HealthEase fitness specialist will guide you through a series of stretches and invigorating moves you can perform at your desk during the workday. Moving more helps loosen muscle and joint tightness, increase energy and alertness, and decrease your risk of chronic pain conditions caused by prolonged sitting. Let us show you how easy it can be!



[Click here](#) to join any live class



[Click here](#) to view recordings

These are value-added programs and services. They are not benefits under your Independence Blue Cross health care plan and are subject to change without notice.

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.