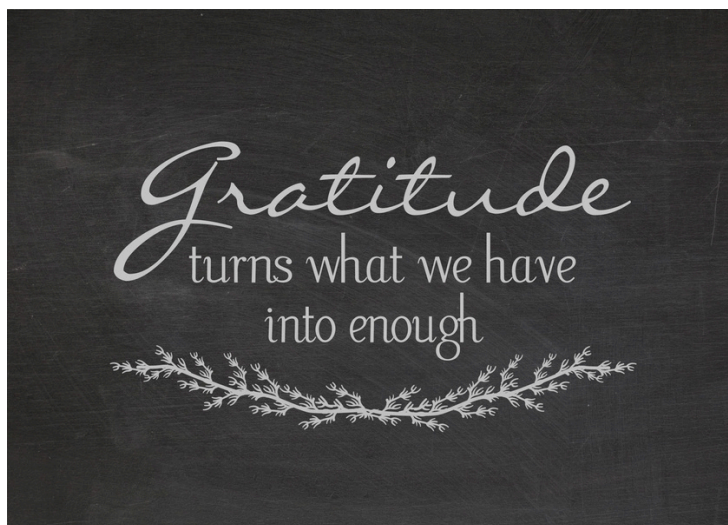


## HEALTH AND WELLBEING



When asked what are you grateful for, what is the first thing that comes to mind—your family, friends, your health? There are many things we can be grateful for in our life, but I want you to think about the simple things: like a great cup of coffee in the morning, a smile from a stranger, helping someone with a grocery cart. It's these little things in life that we can appreciate and smile about that can turn a good day to a great day, or a bad day into a good one. Think about something that happened today that made you smile or you thought "how nice." The more we focus on those items, the less stressed we can become.

Click this link for [10 ways to practice Daily Gratitude](#)

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### **Back by Popular Demand—Women's Health-Perimenopause and Menopause with Sandra Lentz, CRNP**

If you were unable to make last year's events you will not regret hearing her speak. She gives great insights into this subject and how to combat some symptoms. This class fills up quick, so please make sure you register. This is an LCIC course.

**Tuesday, November 12th, 5:30-6:30pm**  
BLaST Office, 2400 Reach Rd, Williamsport

To Register, click here: [Women's Health](#)

### **Healthy Recipes**

[Butternut Squash with Lentils, tomatoes and herb yogurt](#)

[Easy Cinnamon Apple Crisp](#)

[Tumeric Switchel drink](#)

### **LCIC Course**

Cooking with Carnie Course—  
Meal TBD

November 14th, 6:00-7:00pm

Click link below to register

[Cooking with Carnie](#)



### **Free Exercise class Thursdays**

PENN COLLEGE, WILLIAMSPORT -  
LEC-B FITNESS ROOM (E 3RD STREET LOT)

THURSDAYS @ 4:15PM - SEPTEMBER 12 THROUGH  
DECEMBER 12

\*SCHEDULE FOLLOWS CAMPUS CLOSINGS/BREAKS



## One moment of gratitude can improve your well-being

Your daily gratitude practice can be as simple as taking five minutes to list what you're grateful for. The most important thing is that we start making it a habit because through consistency we'll then be able to positively impact our overall well-being for years to come.

Check out some of the gratitude exercises from Calm that you can incorporate into your daily routine:

- Room to Be Grateful
  - Through a body relaxation exercise, you'll pay less attention to your worries so you can redirect your focus to things you are grateful for.
- Masterclass: Gratitude
  - Through a Masterclass program with Calm's in-house expert, you'll be provided with the tools, insights, and inspiration to cultivate a daily gratitude practice.
- The Gratitude Game
  - Identify what you can say thanks for today so you can reduce your negative thoughts and relieve stress levels.
- Sleep Story: Gratitude
  - Drift off to a heartfelt journey of appreciation in this sleep story session where you'll hear about an uplifting take of gratitude.

Join a Calm App Webinar to learn how to personalize your app experience or deep dive into monthly themed topics to enhance your mental health toolkit.



Haven't activated your Calm Subscription yet, scan the QR code to get started.

**Use the Log In feature at the bottom of the page when you are ready to login,** do not use Facebook Google or email to log in.

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## Weight Loss Information

I do get asked many times about programs for weight loss and over the years, we have run a few programs. I wanted to give you information on programs that we have in our area and nationally. We are not endorsing these through the LCIC group. I have vetted these groups and see them as viable options if you so choose as they are science based programs. Please keep in mind the health insurance does not pay for any weight loss programs or weight loss medications. Any expense incurred will be up to the individual person. For more information on any of these programs please see the contact information for each entity.

**inStriv Weight loss-** A program focused on achieving lifelong results with the powerful combination of physical, physiological, and psychological elements. inStriv is a total mind and body wellness approach to weight loss.

At inStriv, our specialized team creates customized meal plans for each individual client built upon a solid nutritional foundation. Our menus include a variety of regular healthy foods you can purchase at any local grocery store. Each plan is uniquely designed to adapt to your individual dietary needs or health concerns.

**Contact: 570-980-2077 or <https://instriv.com/>**

**20% off program for teachers and school staff through November 30th, 2024.**

**Live It Nutrition-Lose Weight with 8-Rose Trevouledes, RDN**, I'm a Registered Dietitian in Central Pa and work both one-on-one and in group settings with my own Weight Loss Program (Lose Weight with Eight) with an emphasis on prevention of chronic disease: pre-diabetes, diabetes, heart disease, cancer or reversal of these conditions through nutrition/weight loss and exercise. I'm half of this partnership and individuals/employees are the other half; together we map out strategies that work for the long term - a Lifestyle Approach.

**Contact: [petertrev@comcast.net](mailto:petertrev@comcast.net)**

**Weight Watchers** is an online science based program that you purchase through [weightwatchers.com](https://weightwatchers.com).

Your essential weight-loss toolkit in one easy-to-use app.

- Science-based nutrition plan
- 11,000+ recipes for healthier meal inspiration
- Weight and activity trackers
- 200+ no-track ZeroPoint® foods
- Barcode scanner and restaurant search
- Supportive members-only digital community

**Contact: [weightwatchers.com](https://weightwatchers.com)**