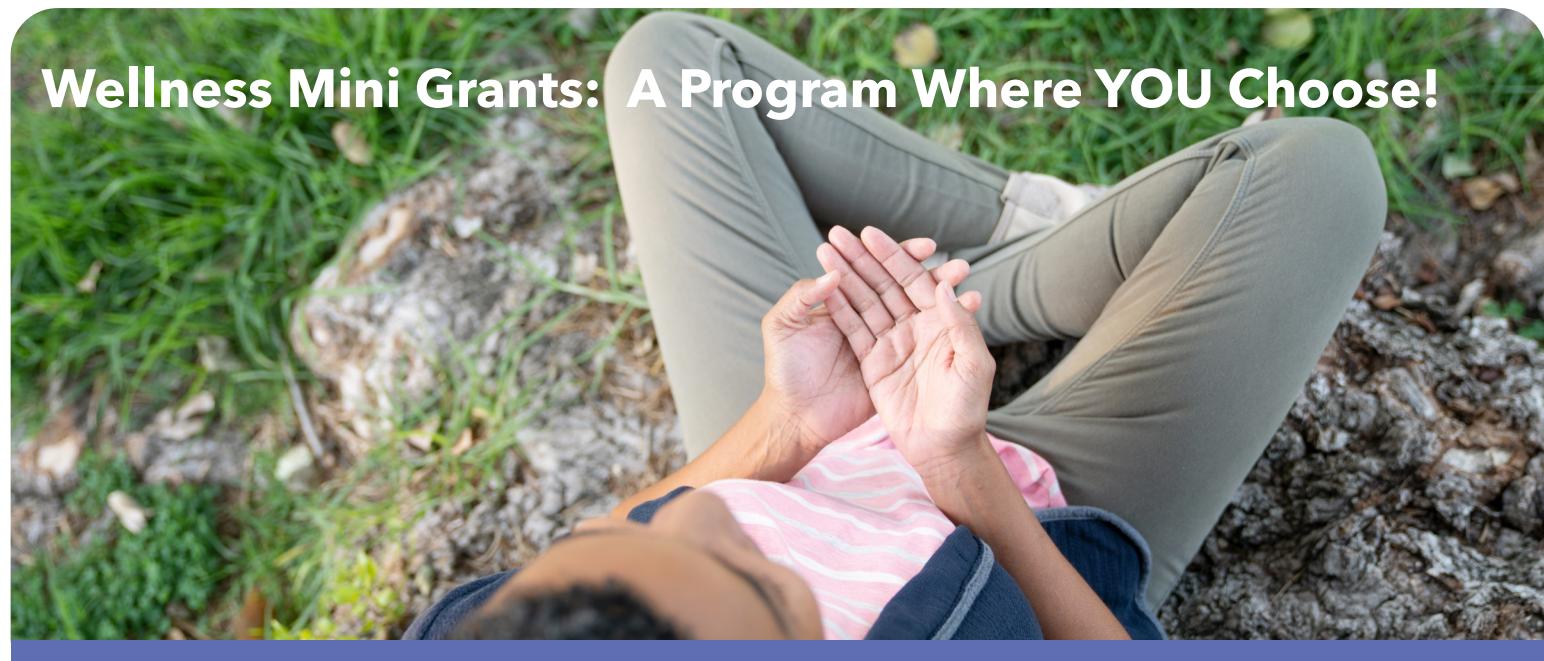


Wellness Mini Grants: A Program Where **YOU** Choose!



Mini Grant Menu

- North Valley LWBW is now offering mini grants that allow you to choose and take ownership of your wellness program.
- Inside is a list of menu offerings aligned with the following areas of wellness.



live well be well

WHAT IT IS:

We are One KP! But, we also have unique needs.

This program allows you to CHOOSE what area of wellness will help your department find optimal wellbeing at work.

HOW IT WORKS:

Go to the LWBW website
www.livewellbewellnvly.org

It's as easy as ... 1, 2, 3

1. Review menu of wellness options available
2. Take quiz to help prepare to apply.
3. Once ready, Apply!



When to Apply

Applications will be taken:

- February- November
- Decisions are made within 30 days of the receipt of application, so plan ahead!



> Wellness Mini Grant FAQ

What is the North Valley Mini Grant Program?

There are different areas of wellness that lead to overall wellbeing and each department may have different needs. There should be something for everyone whether KFH, TPMG, night shift, day shift, floor staff or admin. This is a great opportunity for you to choose what wellness opportunity would be the most meaningful to your team!

> How Does it Work?

Departments identify a wellness ambassador to lead the grant. We recommend having a second person to help; an administrative professional can help with sending invitations, coordinating RSVP's, making reservations, contacting vendors, coordinating billing, gathering supplies and so forth.

> What Will Wellness Ambassadors Do?

- Seek approval from manager of department to research and pursue a wellness mini grant.
- Identify wellness opportunity on menu your team is interested in
- Determine number of potential participants
- Take the "Are you Ready" Quiz to see if your team is ready to apply
- If you are ready, apply for the grant
- Upon acceptance of grant – have 15-minute planning call with lwbw
- Arrange for space (if applicable) upon acceptance of grant
- Promote the event details to staff,
- Be point person for vendor upon arrival (if applicable),
- Provide staff the participation sign in sheet at event and email to lwbw at conclusion of event,
- Send in any approved OneLink expense reports/invoices with photo of event.
- Send all event participants the post-event SurveyMonkey via email for feedback.

> Who Decides if Grant is Approved?

Live well be well staff review grant applications and make final decision. Decisions are based on several factors including:

- 1) Funds still available in the budget at the time the application is received
- 2) Local and regional goals/priorities
- 3) Alignment with 6 areas of wellness,
- 4) High number of attendees anticipated,
- 5) Accessibility - inclusive of majority of department with varying ages and fitness levels
- 6) Department has a wellness ambassador willing to coordinate the activities as listed
- 7) Higher dollar grant applications are more difficult and typically need to demonstrate high number of confirmed department participation and preferable inter-department participation.



> Go Local! Offered by LOCAL Kaiser Permanente LWBW Staff

Beyond KP Department Series



North Valley Exclusive Signature Offering

7-week program (1 hour/week) that tie in all the areas of resilience to include topics such as developing your life mission and purpose, identifying your values and how those can guide all other areas of resilience, such as mindfulness, physical activity, nutrition, and developing a support system.

Pre-requisites: Departments must have physicians that have completed the MD Beyond KP series to help bridge concepts in the work environment to build culture and morale.

Grant Cost: \$135 per person

Area of Wellness: Cross-Cutting



Stretch & Strength Sessions

Series of 4 classes focused on preventative measures and exercises to help strengthen and empower your body. Focus on neck, shoulders, and back. Great for departments that have safety or ergonomic improvement needs. Cost covers foam rollers for all participants.

Option: 4 –15minute mini-sessions or deep dive with 4 –1hr sessions.

Grant Cost: \$10/ per person **Area of Wellness:** Physical Activity



> Cues to Wellness Action-Items for YOUR environment

Fitness Corner

Do you have a small niche in your department you want to transform into a fitness corner? A place for fitness equipment like dumbbells, medicine balls, yoga mats? If approved you can purchase at store of your choice.

Grant Cost: \$200

Area of Wellness: Fitness

Meditation Corner

Found an area to turn into a Zen den? Quiet place with yoga mats, electric candles, outdoor pillows, focal points, yoga bricks and or a sound machine with headphones ? This grant allows you to purchase at store of your choice

Grant Cost: up to \$200

Area of Wellness: Emotional

Dept. Snack Cart

Create a station or cart with containers to hold healthy snacks. We will provide funding for your cart and containers along with your first round of healthy snacks. You will then refill these after first round. During planning call we will review healthy snack options to guide you.

Grant Cost: up to \$200

Heart Math Wellness Station

Get supplies that can attach to an iPad you already have on site to help take a 5-10minute break to do various exercises that can reduce stress and improve mental health through engaging mindfulness techniques and an advanced heart rate monitor. <https://store.heartmath.org/>

Prerequisite: Must have iPad, iPhone, or a computer to utilize with equipment. Dedicated space for equipment.

Grant Cost: up to \$200

Area of Wellness: Emotional Health & Wellbeing



> Go Local! Offered by LOCAL Kaiser Permanente LWBW Staff

Mindful Meditation



Interested in a 5 minute single session and no giveaway, email live well be well and we will arrange, no application required

10 or 15-minute sessions that can be attached to your meetings or huddles; we can also make this a series. Can request one session or multiple sessions as your department is able. Choose a topic below to address mindfulness or gratitude (or we can customize for you). Each participant receives a gratitude journal. Offered in person or virtual.

Mindfulness: Guided Imagery, Progressive Relaxation, One Moment Meditation, Diaphragmatic breathing

Gratitude: Power of gratitude, Gratitude Letter, Journaling, Self-Compassion

Grant Cost: \$10/pp

Area of Wellness: Emotional Health & Wellness

Fitness Recess



Interested in a 5 minute single fitness recess and no giveaway, email live well be well and we will arrange, no application required

15 or 30-minute recess that can be attached to your meeting, huddle, or held as a team building opportunity; we can also make this a series. Tabata, Stretching, Inside Recess, Inside Power Walk, or Outdoor Recess. Comes with "I survived KP Recess shirt" Offered in person or virtual*

Grant Cost: Up to \$25/pp

Area of Wellness: Physical Activity

*Note virtual option may limit recess options such as walking.



Resilience Lunch & Learn Webinar

Looking to host a time for you or your staff to learn skillsets to become more resilient? This tailored, live webinar series may be the tool for you. We have 6 - 1 hour classes you can mix and match to include: (1) Coping with Change, (2) Mission & Purpose (3) Mindful Stretching (4) Power of Gratitude, (5) Total Health Nutrition and (6) Laughter is the best Medicine. Offered in person or virtual.

Grant Cost: \$20 pp (*materials) Area of Wellness: Emotional Health & Wellness



> Fitness Classes – Bringing 30 minutes of fitness classes to you

Offered by our verified vendor—Breakroom Fitness. Classes can be done inside, outdoor or virtual; however, space specifications and size restrictions vary from class to class. We will connect you with the vendor to arrange what space you will need. Breakroom will bill directly to us upon grant approval.

Grant Cost: \$105/class (\$75/virtual class) \$340 – 4 onsite sessions (\$300 - 4 virtual sessions)

Area of Wellness: Fitness

Interval Training &

Bootcamp

Classes have variety of stations or group exercises that focus on cardio movements, body resistance, and muscle conditioning. Fast paced for max caloric burn, driven by motivational music. Use HIIT philosophy (High Intensity Interval Training)

POUND

A full body cardio jam session, with light resistance and constant stimulated drumming. Fuses cardio, Pilates, strength movements, plyometric, and isometric poses. Through continual body motion using light weighted exercise drumsticks, your POUND off pounds as each song flies by.
(In person only)

Yoga

Practice including breath control, simple meditation, and adoption of specific postures. Widely practiced for health and relaxation; can include Hatha, Yin, Restorative, Vinyasa, Butti Yoga and various forms of fusion. Breakroom Fitness will guide you on what is best for you.



The Greatest Wealth is HEALTH”



Zumba

This class takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

World Dance

Hip Hop, Mambo, Cha Cha, Salsa, Samba, and more...you choose which style! Or perhaps you want a mix of them all in a Fusion Class! Regardless, any World Dance class will leave you grinning from ear to ear covered in sweat and immersed in culture.

Kickboxing

Kickboxing is a full-body workout that includes movements inspired by martial arts, such as knee strikes, kicks, and punches. This class is high energy with heart pounding music and a lot of cardio.



Spin Class

Fun & energetic ride focuses on riding to the rhythm and beat of the music. Music drives every pedal stroke and intentional body movement to maximize workouts. Allows for all skill levels to enjoy. Breakroom Fitness can roll in 26 bikes to your place of business or meeting space then roll them right back out.

Grant Cost: \$600

Area of Wellness: Fitness



Don't forget LWBW has FREE virtual live fitness classes and the recordings from the classes each week! Go to www.livewellbewellnvly.org

> Virtual Group Fitness—Fitness Programs to MEET your Goals!

Offered by our verified vendor—Breakroom Fitness. Classes can be done inside or outdoor; however, space specifications and size restrictions vary from class to class. We will connect you with the vendor to arrange what space you will need. Breakroom will bill directly to lwbw upon grant approval.

VIRTUAL - 30-Day Walk/Run Challenge - Get Moving

A daily walking/running program with nutrition support. This will include auto messages (welcome/completion congratulation), and initial and final assessment. Daily workouts and cross training will be provided per the level (walker, jogger, runner) you self-identified yourself as.

Prerequisite: Must have 10-15 employees

Area of Wellness: Emotional Health & Wellbeing

Grant Cost: \$34.99/employee

Duration: 30 days

VIRTUAL - 30-Day Active Living Challenge

This program is designed to help you build healthy and sustainable habits! It is also so much fun as a team challenge. The 30-Day Active Living Challenge Includes: daily exercise (s) to perform with video tutorials, walking assignments, daily emails with healthy resources and positive messages, gratitude journal prompts, and mindful eating exercises. The program also includes a weekly recorded group fitness class: Zumba, Yoga, HIIT, Strength and Stretching. Each participant will log-on through an IOS App or Android App where they can check off their daily activities which is designed to promote accountability and track progress.

Prerequisite: Must have 10-15 employees

Area of Wellness: Emotional Health & Wellbeing

Grant Cost: 49.99/employee

Duration: 30 days

> Got Workshops?

Offered by our verified vendor—Breakroom Fitness. Workshops can all be offered virtually or in person. We will connect you with the vendor to arrange what space you will. Breakroom will bill directly to us upon grant approval.

Grant Cost: \$500 per session

A Balanced Life?

We hear and see the phrase, "living a balanced life" everywhere! But is that really possible? Is it obtainable? In this workshop we talk about the alarming truths that a "balanced life" is in fact a myth. That life is really more about ebb and flow; that there is consistently going to be one area of life occupying space more than the other, but that their will be lots of shifts. We also focus on aligning our core values with the decisions we make, so that in turn we feel more balanced in all that we do.

Area of Wellness: Emotional Health & Wellbeing

Duration: 30-minutes

Stick it to Stress

Many people know they are stressed; they understand that too many moving parts, deadlines, and work/life expectations and situations are getting to them, but they don't know how to manage the stress and they don't understand the science behind it. In this workshop we give practical advice on how to deal with stress--because quitting your job is rarely the solution! Stick it to stress before it rears its' ugly head with these helpful tips.

Area of Wellness: Emotional Health & Wellbeing

Duration: 30-minutes

Strength Based Leadership

Based on the best selling book, Strength Based Leadership. Do you have the opportunity to use your strengths every day? Chances are, you don't. All too often, our natural talents go untapped. Gallup finds that people who use their strengths are three times more likely to report having an excellent quality of life. In this workshop participants will learn how to use their talents everyday so that they can thrive in life and at work.

Area of Wellness: Healthy Workplace

Duration: 30-minutes

Empathy

This is a very interactive, discussion based format. Participants will have multiple discussions based on scenarios presented by the facilitator. They will discuss what they felt and why they think they felt that way. They will be encouraged to examine and reflect on their own behaviors in a continued effort to practice empathy.

Area of Wellness: Healthy Workplace

Duration: 30-minutes



> Got Workshops?

Offered by our verified vendor—Breakroom Fitness. Workshops can all be offered virtually or in person. We will connect you with the vendor to arrange what space you will. Breakroom will bill directly to us upon grant approval.

Grant Cost: \$500 per session **Duration:** 30-minutes

Holistic Nutrition 101

Learn basic nutrition principles of eating a balanced diet of fat, proteins, and carbohydrates. Learn why eating a variety of colors though our veggies nourish the body, keeps us feeling good and helps protect us from disease. You will walk away inspired to eat more good stuff!



Area of Wellness: Nutrition

Letting Go of Sugar

Does sugar have a hold on you? Learn how sugar makes us fat, addicted, and moody and learn how to let it go! This class will bring awareness to the effects of sugar on the body and to how much sugar we might be currently eating. Learn yummy alternates and how to move forward without refined sugar.

Area of Wellness: Nutrition

Mindful Eating

Want to create a more positive relationship with food? Tired of binging and dieting and the feeling of guilt when eating? In this workshop you will learn that "Guilt is worse for you than Sugar" and learn to celebrate food and gain tools to use mindful eating as a daily practice.

Area of Wellness: Nutrition

Sustainable Nutrition

Curious about all the commotion with GMO, organic, biodynamic, etc.? Want to make conscious choices as a food consumer, and not sure how? Join us in learning why eating fresh and local foods are one of the best things you can do for your health and the environment of the whole planet.

Area of Wellness: Nutrition

Superfoods!

Curious about the interesting world of Superfoods? Superfoods are high in nutrients, and low in calories. Learn what these foods are, how to include them into your diet, and why you would want to! Learn super fun recipes for these yummy superfoods.

Area of Wellness: Nutrition

Find Your Zest

Our 30 day program is designed to help individuals break out of living reactively to live more intentionally so they are able to notice when they may be draining the areas of their life to help them feel whole, well, and joyful. The areas of focus will include: vitality - optimal state of body and mind; connection - all about nourishing relationships (we could do professional and personal relationships); contribution - how you bring your gifts to the world; contributing to the world in a meaningful way to make it feel like you matter. Focus is not on balance but the ebb/flow of continuously filling each of those areas to feel well.

THE PROGRAM INCLUDES:

- Workshop #1: Living authentically & Workshop #2: Pillars & Laws of Intentional Living
- 30 days of exercises focusing on an activity within each pillar
- Journal Prompts to help employees dive deeper into each exercise
- Check-ins via IOS App or Android App to provide additional levels of support
- Before and after assessment to measure progress and growth

Prerequisite: Must have 10-15 employees

Area of Wellness: Emotional Health & Wellbeing

Grant Cost: 49.99/employee

Duration: 30 Days





Community Spirit – Team Building Style

Care Packages for the Troops | Backpack Success | A Day of Thanks

Breakroom Fitness organizes, sets-up and facilitates several programs that promote giving packages to those in need. In most cases, Breakroom will make all the necessary purchases and bring onsite to your workplace. The facilitator will talk to your teams about who will be receiving their packages and the impact it will have on them. The items will be laid out in a fun display and teams will work together to create their package and write cards to the receivers.

Grant Cost: up to \$750 per event + \$50 per package to be created

Area of Wellness: Community

Duration: 30 minutes-60 minutes depending on size of group

► Together we ARE Better! – Department Led Team Building

KP Adult Day Camp

A fun healthcare day to PLAY! Fun games like water balloon baseball or toss, with a sprinkle of fitness. Games will be tailored for you, the season, and include some friendly competition. Led by our very own KP personal trainer.

Prerequisite: Requires at least 20 attendees, space for participants; great opportunity to work with other departments.

Grant Cost: \$200

Area of Wellness: Healthy Workplace

Duration: 30min-2 hours

Host a Department Picnic

Host a healthy potluck style picnic at a local campsite in the area. This grant can cover supplies and materials to hold the event (i.e. napkins, charcoal, ice, wellness related games, campsite fees).

Grant Cost: up to \$200

Area of Wellness: Healthy Workplace

Duration: Variable

Host a Preventative Screening Day for Employees

This is an opportunity to connect with a department that can provide employees onsite screenings (i.e. PROMPT checks, cervical cancer screening, colorectal screening). LWBW will provide funding to cater a healthy lunch for staff that provide screenings and for those who attend to receive a screening.

Grant Cost: up to \$200

Area of Wellness: Healthy Workplace

Duration: Variable

Host an Affirmation Art Station

Provide your staff the materials to make one small affirmation card to keep at their workstation. Set up a table with supplies with small square blank canvases, paint markers to design, other art supplies to bedazzle their masterpiece, and printed out examples of inspiring affirmations to bring positivity into the workplace. You can get creative and customize your affirmation art station. What a great way to brighten your team's day. This grant will cover the supplies needed.

Grant Cost: up to \$200

Area of Wellness: Healthy Workplace

Duration: Variable

Host a Gratitude Letter making table

Provide your staff the materials to write a gratitude letter for their colleague. Set up a table with supplies to write an anonymous letter to their colleague with what they appreciate about them. They can put the card in a large box and the ambassador will leave the cards on the individuals' desk. What an opportunity to provide a Caring Moment to your colleague! This grant will cover the supplies needed. Feel free to make a creative station!

Grant Cost: up to \$100

Area of Wellness: Healthy Workplace

Duration: Variable



> Create YOUR own Adventure! - Customize a Wellness Activity

Do you have a good imagination or enjoy researching new ways to inspire wellness with your colleagues? Then this option is for you. You will need to demonstrate that your event or activity aligns with one of the six areas of wellness (see page 1). Sorry this can't be for incentives, giveaways, or food; lets bring wellness to one another!

Grant Cost: up to \$800

Area of Wellness: Cross-Cutting

Duration: Variable

