



Anoka-Ramsey Community College Wellness Workshop

The Wellness Works mission is to impact the health and well-being of employees by promoting healthful lifestyle choices within a work environment that encourages wellness.

Wellness Works Goals:

Provide programs, services, and educational opportunities that will:

- ◆ Educate employees on health and wellness to increase self-awareness, knowledge, and healthful choices.
- ◆ Create a working environment that supports a culture of practicing healthful behaviors.
- ◆ Motivate and empower employees to achieve and maintain healthful lifestyles.
- ◆ Reduce time lost from illness/injury and reduce on-the-job injuries.

Alternative Approach to Stress Reduction: Aromatherapy and Shiatsu

Thursday, November 12, 2009
Mississippi Room, Coon Rapids Campus
(ITV to E202, Cambridge Campus)
12:00 – 1:00 PM

Workshop description:

Stress has been identified as the underlying cause of 80% of doctor visits in the USA. What are you doing to alleviate the stress in your life?

Jodi will demonstrate how to clear away those overwhelmed feelings and find balance in your body, boost your energy, using both Shiatsu and Aromatherapy. Reducing stress is a powerful way to improve your immune system, sleep better, reduce pain and avoid digestive upsets.

Presenter:

Jodi Baglien is a Mind Body Practitioner, certified in both Shiatsu Therapy and Clinical Aromatherapy. Jodi offers a range of wellness services, has developed a professional line of essential oil products, conducts Wellness at Work programs, and teaches Essential Oil Therapies at both Normandale and Anoka-Ramsey Community Colleges, Fairview Health Systems and other Metro locations. She is the Midwest Regional Director for The Alliance of International Aromatherapists, which strives to advance research and professionalism within the aromatherapy industry.

