



# "How-To" Breakout Session

3rd Annual Crow Wing Energized Health & Wellness Summit | January 29 from 7am - 1pm  
Lakewood Evangelical Free Church, 6284 Fairview Road, Baxter, MN

Subject: Make a Lifestyle Change

Presenter(s): Jessica, Aimee and Janet

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Who should be involved? Decision makers- for example: owners of businesses, managers, wellness committee members, parish staff at churches, etc.

Partnership Opportunities (contact information): Workplaces, faith community, schools, daycares, community groups and clubs, general public.

### Resources Needed:

1. Meeting space for the entire time commitment
2. Dedicated scale (can also be borrowed from Essentia)
3. Flip chart or white board and markers
4. Optional teaching aids—measuring devices, *Calorie King* Book
5. Optional taste testing and food comparison supplies

Timeline: Varies—about one month if you are going to partner with a certified lifestyle coach and have meeting space available.

Budget: Supplies (if needed)—less than \$100

Tips for Success: Encourage program adherence and create a supportive environment in and out of the classroom. Review your calendar to ensure you can commit to all sessions.

How to Sustain Efforts: Continue to expand wellness offerings in your setting.