



Old Saybrook Bee Well Challenge Seminar Schedule

TUESDAYS 7:00pm – 8:00pm
 Acton Public Library
 60 Boston Post Road, Old Saybrook

THURSDAYS 12:30pm—1:30pm
 Estuary Council of Seniors
 220 Main Street, Old Saybrook

➤ **Earn 50 points for each seminar you attend!**

- 1/12 & 1/14 **“Style the File”**
 by Barnum Financial Group
Learn helpful tips to organize your personal documents—lessen the stress involved
- 1/19 & 1/21 **“Principles & Down-to-Earth Strategies for Managing Stress”**
 by Cynthia Matthew, PhD, MS, Saybrook Counseling Center
Understand psychological reactions to stress, cope effectively, maintain healthy perspective
- 1/26 & 1/28 **“Sweat the Small Stuff: Why You Should Be Motivated By Wellness”**
 By Dr. John Mastrobattisto, Shoreline Chiropractic, LLC
Learn why the details of life affect your health so much and how it is the “small stuff” that can derail your efforts. Walk away with tips and resources to keep you on track with your personal health goals and lead you back toward your ideal state of wellness.
- 2/2 & 2/4 **“How to Introduce New Foods So Your Kids Will Actually Eat Them”**
 By Dina Rose, PhD
Has mealtime turned into a battle of wills or a chance to brush up on your negotiating skills? Learn how to take the politics out of dinnertime at a thought provoking healthy eating seminar brought to you by sociologist, foodie, and mom, Dina Rose, PhD.
- 2/9 & 2/11 **“Get Out!”**
 by Judy Preston, Old Saybrook Land Trust
Learn why we need nature for optimal health. In this seminar you will learn about all of the benefits that nature has to offer to both children and adults.
- 2/16 & 2/18 **“Pave Your Way”**
 By Michelle Critella, MBA, Director/Owner BSDC
Achieving your goals through motivation and stress reduction. Will lead group in breath control, meditation and yoga. Bring your own mat or towel.
- 2/23 & 2/25 **“Healthy Backs”**
 By Todd M. Roberts, PT, MBA, Roberts Physical & Aquatic Therapy
Learn how to achieve & maintain a healthy back through exercise, ergonomics and proper lifting techniques.
- 3/2 & 3/4 **“Food is More Than a Four Letter Word”**
 By Kathy Cobb, MS, RD, Director KC & Friends
Learn tips and tricks for shopping, cooking and healthy eating through this interactive seminar.