

Self-Care & Resiliency

for your mind + body

April Fit For Life Events

Online Webinars

VidI Solutions

- Feeding your good wolf: Cultivating positivity
 - Thursday, April 8th, 12-1pm
 - [Click to join Zoom meeting](#)
- The role of vulnerability and empathy in creating best-in-class workplaces
 - Tuesday, April 27th, 12-1pm
 - [Click to join Zoom meeting](#)

Chrissy King

- Body liberation - Part 1
 - Wednesday, April 14th, 11am-12pm
- Body liberation - Part 2
 - Wednesday, April 21st, 11am-12pm

Happy Food MN

- Healthy dinners with Chef Anna
 - Thursday, April 22nd, 12-1pm

Fitness Classes

TC Fit Classes - Wednesdays, 1-1:30pm

- Core Conditioning
 - April 7th
- Yoga
 - April 14th
- Bodyweight HIIT
 - April 21st
- Pilates
 - April 28th

All TC Fit classes use the same meeting link. Please [click here to access the class](#) at the times listed above.

Ongoing Classes and Programs

Nutrition Email & Phone Consultations with Nutritional Weight & Wellness

- Email ASK@WeightAndWellness.com with your personal nutrition questions
- Three, 30-minute phone consultations with a Registered Dietician
- Call 952-232-4990 to schedule, and say that you are a Metropolitan Council employee.

Child Sleep Coaching

- [Fill out this questionnaire](#) to schedule your call with Leann Latus of Tender Transitions. You will be directed to select a date/time that works for you from there.

Susan Shehata

- Fear, anger, and grief: How to navigate difficult feelings
 - Monday, April 12th, 2-3pm
- What's triggering you?: Exploring the daily impacts of past trauma
 - Tuesday, April 20th, 2-3pm

LSS Financial Wellness Classes

- Financial stress busters
 - Thursday, April 1st, 1-2pm
- Money and minimalism
 - Friday, April 9th, 11am-12pm
- Couples and money: Making it (team) work
 - Monday, April 26th, 11am-12pm

Leann Latus with Tender Transitions

- Sleep tips for your infant
 - Thursday, April 29th, 12-1pm

Everyday Resilience with Jen Arnold

- Thursday, April 15th, 12-1pm

AfroKaribe Dance Fitness Classes - Thursdays, 1:15-2pm

Classes are low- and high-intensity interval-style, total-body dance fitness party to Afrobeats, Caribbean, and World rhythms. No dance experience or equipment needed.

- April 15th
- April 21st
- April 29th

Each class uses the same Zoom meeting link. Please [click here to access the class](#) at the dates listed above.

Email fitforlife@metc.state.mn.us to sign-up for sessions unless otherwise noted.
Check out [MetNet](#) for all of the up-to-date information.

