



Habit Forming Strategies

January 2024 - April 2024

Free program open to all employees and spouses

MIIA is here to support your 2024 habit momentum!

Creating and maintaining habits can be a challenge. MIIA is here to help support your habit-forming journey with any or all of the below habit-focused resources. Discover tools to build new, break old, and maintain habits in January and beyond.

10-Minute Webinar Buffet

Watch the 10-minute webinar by Jerry Posner about what systems you need to have to create new habits successfully. Look for promotions in the January 2024 newsletter.

Finding Your Motivation for Change

Thursday, January 11, 2024 from 4:15-4:45 pm zoom with Janet Fontana

Even when we know what we should be doing to protect our health, it's challenging to stick to healthy lifestyle practices. Discover concrete ways to create sustainable, long-lasting healthy habits. To boost your motivation, connect with your personal reasons for change, not what you think you should do or what your healthcare provider told you to do. Take away specific tips to make it easier to adopt and maintain healthy habits.

[Sign up here](#)

The Power of Habits

Thursday, February 8 and 15 from 4:30-5:00 pm – 2 Part zoom series with Trish Hart

Good or bad behaviors become our habits through repetition and reinforcement. How do we change our habits? This is a powerful 2 part interactive and results-driven workshop which covers the neuroscience behind habit development, behavioral paradigms that support habit formation, and helps individuals build new habits or change old ones. Individuals will leave with the tools and resources to advance in their own lifestyle changes. [Sign up here.](#)

Step into your Power with Habit Changes

Wednesday, April 10, 2024 from 5:15-5:45 pm zoom with Jen Fornier

Come celebrate changes or craft a plan for launching into something, leaving the pain of old habits behind. Join Jen and your fellow change makers in this lighthearted opportunity to integrate learning into action. Bring your notebook and favorite pens. This session can be especially helpful for those who may have discomfort arise around not taking action yet. [Sign up here.](#)

Did you know that if you are a MIIA/Blue Cross subscriber you get 10 complimentary coaching sessions in a calendar year? [Click here](#) for more information!