

## 40 Days to Wellness Program FAQs

### Congratulations on committing to your own health and well-being

- **What is the 40 Days to Wellness Program?**

The 40 Days to Wellness Program is a holistic health initiative designed to support your physical and mental well-being. It includes 10 healthy meals that are delivered to your doorstep weekly. There are weekly mindfulness and cooking workshops and access to a dietitian for consultation. Over the next 40 days, we will cook, eat, meditate, and have fun being healthy together. This program is designed to provide you with the knowledge, tools, and social support to make sustainable lifelong changes for your well-being. We're excited for the positive changes that lie ahead. Let's make wellness a lasting part of our lives so we all can thrive!

- **What is included in the weekly meals?**

Each week, you will receive 10 meals that are carefully curated and approved by a dietician. These meals are designed to be nutritionally balanced and delicious.

- **When am I getting my meals?**

Meal deliveries are delivered based on geographical areas on one of these days, Thursday, Friday, or Saturday. Depending on your area your meals will be delivered weekly on that specific day. Example: Participants receiving meals on Friday will receive their meals every Friday until the end of the program.

- **What is the time commitment required for the program?**

The program is designed to be flexible. The weekly mindfulness and cooking workshops are about 1.5 hours. Mindfulness workshops are on Tuesdays from 5:00 -6:30pm and cooking workshops are from 6:00-7:30 pm.

- **How do I access the weekly mindfulness workshops?**

The weekly mindfulness workshops are offered virtually through Zoom. You should have received the Zoom links for the 6 workshops (August 20, August 27, September 3, September 10, September 17 and September 24)

- **How do I access the weekly cooking workshops?**

The cooking workshops are offered both in person and virtually through Zoom. Participants are allowed to attend one in person cooking workshop (Please select your date preference and complete the form that was emailed) at D'Lish kitchen at D'youville University (301 Connecticut street, Buffalo NY). The dates are August 21, August 28, September 4, September 11, September 18 and September 25. You can plan to eat at the in-person class, since it is around dinner time.

- **How do I receive my ingredients for the weekly cooking workshops?**

The ingredients will be delivered to you via Doordash

- **What if I miss a workshop?**

If you miss a workshop, you can access the recording at your convenience.

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- Who do I contact if I have questions regarding meal delivery?**  
 For meal deliveries, please inform us as soon as possible. Feel free to reach out to [healthycommunities@bnmc.org](mailto:healthycommunities@bnmc.org) (Queen City Couriers will be delivering the meals).
- How do I provide feedback on the program?**  
 Your feedback is important to us. You can provide feedback through regular weekly surveys that are sent out to you. Additionally, you can contact the program coordinator with any suggestions or concerns.
- What are the weekly requirements for a participant?**  
 All participants are highly suggested to attend workshops, fill out weekly survey forms about the programs, enjoy the prepared meals and have fun! In addition, if you're a veteran participant from WNY Heroes, you would need to pick up your meals every week.
- Are there any costs associated with the program?**  
 There are no costs associated with the program.
- How can I track and share my progress during the 40 days?**  
 We recommend that you could keep a journal to write down how you feel about your own personal journey. We would love to see your progress during the program! Feel free to tag us on Facebook/ Instagram @bnmcinnovates and use the #BNMCWellness
- Where can I get updates about the 40 Days to Wellness Program?**  
 Remember to check the Private Facebook page and the 40 Days to Wellness Program website anytime



**40 Days to Wellness**

**Private Facebook Group**



**40 Days to Wellness Website**



- Who can I reach out to for more information or questions?**  
 If you have any further questions, please feel free to contact [healthycommunities@bnmc.org](mailto:healthycommunities@bnmc.org) or Beth Machnica [emachnica@bnmc.org](mailto:emachnica@bnmc.org) or Purnima Mohan [pmohan@bnmc.org](mailto:pmohan@bnmc.org)

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