

## Program Description

### In-Services

*30 to 45 minute discussions (can be abbreviated to fit a Lunch and Learn format)*

**The Aging Process**—Do you have an aging parent/relative? Learn about the normal aging process.

**Dementia**—What is dementia and how does it affect the individual?

**Osteoporosis**—Pathology, prevention and management.

**Bloodborne Pathogens**—Learn ways to avoid blood exposure to HCV, HBV and HIV.

**Healthy at Any Size**—Today's society emphasizes unrealistic weights. Learn how to love the body you have.

**Portion Distortion**—Portion sizes have increased dramatically in the past 20 years. Learn how to "scale" back.

**Stress Management**—Identify stressors in your life and learn how to manage them.

**Stretching for Relaxation**—Learn the health benefits of stretching.

**Sun Safety**— Learn ways to keep you and your family safe from the harmful rays of the sun.

**Losing Weight the Right Way**—Common sense tips to lose weight successfully.

**Top Ten Tips to Improve Your Diet**—Learn to eat a more healthy diet.

**Time Management**—Not enough time on your hands? Learn how to manage your time more effectively.

**Falls at Home**—Improve safety within an aging relative's environment.

**Workplace Violence**—Tips to avoid dangerous situations at work.

### Programs

**Osteoporosis Screenings**—Simple, fast screening to determine bone density,

**BP Screenings**—High blood pressure is a silent killer. See if you are at risk.

**Sun Damage Screenings**—Skin cancer cases are increasing at an alarming rate. Have your skin checked with the American Cancer Society's dermoscan.

**Lunch and Learn**—Pressed for time? Pack a lunch and join us for a topic of your choice.

**Walking Program**—Get your staff out of their chairs and workstations and moving in a program with goals, incentives, and fun,

**Self Defense**—Do you feel vulnerable? Learn how to defend yourself.

**Mini Massage**—10 minute chair massages performed by licensed massage therapists.

**Birthday Club**—Fun ways to recognize employees.

**Wellness Extravanzas**—Wellness fairs designed for your facility.

**Healthy Cooking Demos**—Learn how to cook healthy foods with pantry staples.

**Toning and Stretching**—Effective, easy to follow, thirty minute sessions.

**Energize Our Families**—Practical advice for parents/caregivers covering the basics of maintaining healthy weights.

**Wellness/Healthy Lifestyle Surveys**—Determine your employees'/clients' risk factors and interests.

**Media Smart Youth: Eat, Think, Be Active!**—Help children become aware of how media may influence their choices.

*Additional topics available upon request.*