

Nutrition

A Guide to Plant-Based Eating (T)

A plant-based diet has many health benefits and is an increasingly popular style of eating. Following a plant-based diet is superior for overall health and can prevent and even reverse disease. Join us to learn 5 myths of plant-based eating and how to get started. You will leave with several delicious recipes!

Clearing Up Carbohydrate Confusion (O T)

Confused about carbs? With so much misinformation out there, it's hard to know the truth. Some carbohydrates contribute essential fuel for our bodies while others are low in nutritional value and make it more difficult to manage weight. This presentation will help you understand the difference and learn how to enjoy carbohydrates in the amounts and proportions that support your best health.

Color Your Plate: Fruits and Vegetables (T)

Consuming enough fruits and vegetables every day can help you maintain good health and reduce risk of the chronic illnesses like obesity, heart disease and Type 2 diabetes. This presentation will review the benefits of fruits and vegetables and offer strategies and tips to increase your intake.

Eat Well for a Busy Life (O T)

Making healthy meals doesn't have to take a lot of time or require mastering complicated recipes. There are many ways you can save time in the kitchen and still eat delicious, healthy food. Join us to discover the 10 secrets to cooking healthier along with valuable time-saving tips. You will also learn strategies for choosing nutrient-rich foods when eating out and take home some delicious recipes.

Food and Cancer Prevention: Is There a Link? (O T)

There isn't a single food or food component that can protect you from cancer by itself. But there is strong evidence that a diet filled with a variety of plant foods like vegetables, fruits, whole grains and beans can lower the risk for many cancers. This presentation will discuss the nutrition guidelines for cancer prevention to help you reduce your cancer risk with your food choices and give you some tasty recipes.

Gluten-Free: Is That for Me? (T)

Historically, gluten was thought to be a problem only for those diagnosed with celiac disease. Today, research suggests there is a spectrum of gluten related disorders that improve when gluten is removed from the diet. This presentation covers the definition of gluten, the foods that contain it, ways to identify if gluten is an ingredient in the foods you buy, and how to eliminate gluten from your diet if you have a gluten sensitivity.

Gut Health (O)

Our gut microbiome is involved in all aspects of our health. These organisms that live in our body help to digest food, synthesize vitamins and hormones, train our immune system and can affect how our genes express themselves. Join us to learn how the gut functions, and what you can do for good gut health.

Healthy Dining Choices (O T)

We all have occasions to eat out, whether it's for a celebration or maybe we choose not to cook. This presentation helps you navigate restaurant menus and websites and provides great tips for selecting healthier food options or making smart substitutions. Bon Appetit!

Healthy Grocery Shopping on a Budget (O T)

Have you ever said to yourself, "I'd eat healthier if healthy foods weren't so expensive?" You are not alone. Join us for a presentation about how to shop healthy for your body and your budget. You'll learn: the best deals in each food group; what foods are most expensive; how meal planning saves money; food shopping money-saving tips; healthy, inexpensive meal ideas; apps and websites for even more ways to economize.

Healthy Meals in 20 Minutes (T)

Do you need new ideas to get a healthy meal on the table quickly? Join us to learn how to prepare nutritious dinners in 20 minutes so you have more time with your family. Plus, you'll leave with 10 tasty new recipes!

How to Use a Food Label to Better Your Health (O T M)

A food label can be a helpful tool when you want to make sure you're choosing healthy foods while grocery shopping. Join us to learn how to use the Nutrition Facts label to understand nutritional value, compare products, and evaluate the safety of a food item.

Meal Preparation: Mediterranean Style (T)

Join us for a presentation on how to plan and prep meals using foods from the Mediterranean diet. Learn how the Mediterranean diet can help you stay healthy and lose weight as you age, with an emphasis on plant foods that play a role in your well-being. Discover how to simplify mealtime, save money and spend quality time with family as you practice your meal preparation skills.

Mindful Eating (T)

Mindful eating is not a diet. It's a lifestyle behavior based on the principle of mindfulness – being present in the moment, setting an intention and paying attention to the food we eat without judgment. Join us to learn how to eat mindfully for nourishment and satisfaction. Explore ideas to help you sustain a lifetime of savoring.

Recipe Revamp/Quick & Easy Meals (O T)

There are many things you do to make a recipe healthier. In this presentation we will review how to revamp recipes through simple substitution swaps, without sacrificing taste. We will also discuss quick & easy meal ideas. Bring your own recipe for an opportunity to revise it during the session.

Understanding Organic (T)

Learn about the USDA's Organic Program and all the criteria behind the USDA Organic seal. Understand the common reasons for choosing organic foods and the main differences they have from other non-organic products.

Understanding Supplements (T)

This presentation will define what a supplement is, review the research and recommendations for supplementing the diet, and provide information on how supplements are regulated, and the label claims they can make. You will learn the questions to ask to evaluate the risks and benefits and make an informed choice.

Weight Management

Eating for Health (T)

Losing weight, or trying to maintain a healthy weight, is an ongoing struggle for many of us. Join us for a presentation about how to lose weight without going on a diet. The focus is on the quality of the food you eat, not the quantity. Create a plan to make lifestyle changes you can sustain for long-term health.

Learning the Basics: Portion Size and Control (O)

Learning about portion size and control can help you maintain or achieve a healthy weight and lifestyle. In this workshop, you'll learn how portion sizes have changed, as well as what amount you need each day. You'll get great tips to help you successfully control your portion sizes and continue in your pursuit of good health!

Physical Activity

Deskercise (O T)

Feeling tied to your desk lately? You're not alone. Many American workers have a desk job and are sedentary for 8 or more hours per day. This type of inactive lifestyle puts you at greater risk for carpal tunnel syndrome, muscle loss, heart disease and more. In this presentation, you will learn fun and easy ways to build activity into your workday – often without even leaving your desk.

More Deskercise

Back by popular demand, more Deskercise exercises to add movement to your workday! If you have a sedentary job, regular exercise is crucial to staying fit and preventing disease. Join us to learn how to add short activity breaks to your workday. Exercise helps you feel more energized, prevents back and neck pain, and improves your mood and productivity.

Fast Track to Yoga Basics (O T)

Not flexible? This presentation is made with you in mind. We'll review basic yoga principles, and discuss why yoga is more than just a form of exercise and practice a variety of poses to increase your flexibility and reduce tension. Come prepared to move, stretch and warm your body in this interactive demonstration. You'll leave with skills and tools that you can practice at your desk in a short amount of time.

Fitness Trends

You may have heard about some of the most popular trends in fitness and classes. Here's your chance to learn about what's getting people engaged and excited about physical activity and weigh the pros and cons, so that you can decide what fitness trend is best for you.

Strength Training Simplified (O)

In addition to learning about the benefits and components of strength training, this session will provide your employees with a strength workout they can do anytime, anywhere – using just their body weight! Participants are encouraged to wear comfortable clothing as the facilitator will lead them through demonstrations of simple exercises.

Stretch It Out (T)

Are you wondering if there are benefits to stretching? Is there a right way to stretch? Age and inactivity, or even too much of certain types of activity, can create muscle and joint stiffness that can be painful and affect our posture and mobility. Learn the benefits of stretching and receive guidance on the correct way to increase flexibility and range of motion.

The 8 Colors of Fitness (O T)

Part of maintaining a healthy lifestyle is figuring out what kind of physical activity works for you – which we all know can take years of trial and error. If you would like to “cut to the chase” and determine your fitness personality, this presentation will help you discover how you can create an exercise program you’ll never quit.

Walking for Your Health (O T)

Walking is an easy, fun, and low-cost activity you can do no matter your age. And the health benefits will keep you going! Learn how walking can improve your mood, promote better sleep, reduce your risk of heart disease, and lower your stress. This presentation will cover setting goals, selecting correct walking shoes, avoiding injuries, and staying motivated.

Cholesterol

Understanding Your Cholesterol Session 1: Cholesterol and Your Health (T)

Session 1 will talk about the cardiovascular system, what cholesterol is and its role in the body, the two types of cholesterol, what the lipid panel numbers mean and the risk factors for high cholesterol.

Understanding Your Cholesterol Session 2: Healthy Lifestyle Habits (T)

Session 2 will focus on the benefits of healthy habits and talk about lifestyle changes you can make for heart health. Getting enough sleep, regular physical activity, staying at a healthy weight, eating a heart healthy diet, managing stress and being tobacco-free will help manage cholesterol.

Understanding Your Cholesterol Session 3: Your Medications and You (T)

Session 3 gives us time with a pharmacist to help us understand the role medications, supplements, over the counter medications and herbs have in cholesterol management.

Prediabetes

Healthy Living Series Session 1: Overview (O)

Review what prediabetes is along with the risk factors. Participants will take the quiz, learn about prediabetes and the importance of a healthy lifestyle to lower your risk for diabetes. Learn how a little weight loss can have a big impact on risk and some easy ways to start tweaking your eating habits and moving more to achieve weight loss. We will ask you to set goals and make small lifestyle changes.

Healthy Living Series Session 2: Eat Well (O)

Learn how the Mediterranean diet plan can help you stay healthy and lose weight as you age, with an emphasis on plant foods that play a role in your wellbeing. Discover how to manage your blood sugar for energy and long-term health, along with additional heart healthy tips and strategies to lower your risk for diabetes.

Healthy Living Series Session 3: Be Active (O)

Learn the benefits of a brisk walk, simple exercise routines and ways to build activity into your day. Identify what's important to you, and how to make changes for a healthier life. Connect with ongoing support programs for healthy living and follow up with your doctor to ensure all preventive steps are being taken to continue lowering your risk for diabetes.

Stay Healthy: Prevent Diabetes (O)

Healthy living starts with you. If you've had a recent high blood glucose level or are overweight, you can still live a healthy life. This presentation will review the 3 lifestyle changes that can lower your risk for developing Type 2 diabetes and show you how to do it so you can enjoy life as you age.

Diabetes

Healthy Eating for Diabetes (O)

The most challenging part of the treatment plan for diabetes can be determining what to eat and following a food plan. Join us to learn how food affects your blood sugar levels. This presentation will provide information on carbohydrate counting, glycemic index and glycemic load, along with additional tips for following a healthy diet for diabetes.

Live Well with Diabetes Session 1: Overview (O T)

Diabetes is on the rise as a significant health concern for many Americans. This presentation will help you understand what diabetes is, the different types of diabetes, how it affects the body and how it is diagnosed. You will be introduced to the benefits of self-management behaviors to help manage diabetes.

Live Well with Diabetes Session 2: Monitoring and Medications (O T)

Checking blood glucose is the cornerstone of diabetes self-management. Diabetes can affect many parts of the body, so it's important to monitor your overall health to decrease your risks for complications. In this session you will also learn about the different types of diabetes medications. Learn how to use your medications for the most effective management of diabetes, and when to see your physician for periodic review. [Live Well with](#)

Live Well with Diabetes Session 3: Lifestyle Choices and Self-Care (O T)

There are several lifestyle choices and self-care behaviors that can help you manage your diabetes: healthy eating, physical activity and coping skills. Practicing these behaviors can help reduce the risks of complications from diabetes.

Heart Health

Blood Pressure Control Session 1: Listen to Your Heart (O T)

Taking steps to manage your blood pressure can help protect your heart and improve your health. In this session you will learn how the heart works, what high blood pressure is and the risks of having it, and how to measure your blood pressure.

Blood Pressure Control Session 2: Your Medications and You (O T)

Blood pressure medications may be temporary, or they may be necessary as part of your treatment plan for long term health. Learn the different types of blood pressure medications, how they work, questions to ask, tips for safe medication use and when to check in with your doctor.

Blood Pressure Control Session 3: Nurture Your Heart (O T)

Learn about all the healthy lifestyle changes you can make for your heart health. Getting enough sleep, regular physical activity, staying at a healthy weight, reducing your salt intake, managing stress, being tobacco-nicotine free and limiting alcohol all help to lower blood pressure.

DASH to Better Health (O T)

What you choose to eat affects your chances of developing high blood pressure. Studies have shown that the DASH (Dietary Approaches to Stop Hypertension) eating plan can lower high blood pressure. Join us to learn how this heart healthy diet and a reduced sodium intake can benefit your health.

Heart Healthy Living (O T)

Heart disease is the leading cause of death for men and women. In this presentation, you will learn the hard facts about heart disease and how to determine your risk. We will discuss controllable risk factors like high blood pressure and learn ways to prevent and protect your heart through healthy lifestyle changes.

Turn the Pressure Down (O T M)

High blood pressure is known as the “silent killer” and affects almost half of the adult population. Whether you have high blood pressure or just want to avoid it, learn how easy it is to turn the pressure down.

COVID-19

Mental Well-Being During and Beyond Coronavirus (T)

Take care of your mental health during these times of uncertainty related to COVID-19. You may feel overwhelmed, fearful or more stressed from the changes to your lifestyle, work or physical health from this novel Coronavirus. Join us to learn about the support available for mental health care and the daily practices you can do to stay positive and manage your mental well-being.

Self-Care 911 COVID-19 Resilience Toolkit (T)

Dealing with the stress of the Coronavirus pandemic is taking a toll on our health. Between working from home, home-schooling the kids, taking care of the home and our loved ones, we are burning the candle at both ends. Perhaps there is an opportunity to hit the pause button, catch our breath, regroup and learn some simple ways to decompress, be present and shift our mindset towards calm resilience.

Stress Management

Beyond the Stress Ball (O T)

This powerful workshop offers practical tools for managing stress that go beyond traditional advice. You'll learn how effective thinking, mindfulness and relaxation techniques can lower your stress level and increase your quality of life.

Boost: Transform Your Workday (O T)

Most of us spend more time recharging our phones than recharging ourselves. We are working harder and longer but refueling our brains, bodies and spirit less and less. This presentation will outline an energy management solution, based on intentional work breaks, to transform the way you work and boost your energy levels all day long.

Power of Positivity (T)

Positivity is more than having a positive attitude. It is a skill we can learn and improve upon with regular practice. Join us for a presentation about the science of positivity. Learn practices that will improve your health and well-being.

The Art of Setting Boundaries for Stress Management (O T)

Chronic stress negatively affects physical and mental health. An important part of reducing stress is setting healthy limits with others, ourselves and with our environment – but this can be a challenge for many people. Join us to learn how to set and honor healthy limits to reduce stress and improve your quality of life.

Other Wellness Topics

Allergies 101 (T)

For people who suffer from allergies, the change in seasons can be a miserable time. This presentation will discuss seasonal allergies, how they occur and the substances that can trigger their symptoms. We will also review various treatments and the importance of following up with your doctor.

Allergies, Asthma and Sinus Conditions (T)

Allergies, asthma and sinus conditions are the exaggerated reaction of the immune system to certain triggers. This presentation will discuss seasonal and non-seasonal triggers, the types of symptoms they cause and how to get diagnosed for these conditions. We will review various natural remedies and medical treatments, along with the importance of following up with your doctor.

Back Health Basics

Better You Back Health Basics will help you understand how factors like posture, sitting, stress and weight gain can contribute to back pain. More importantly, this seminar will help you identify changes in behaviors that will manage your back pain or prevent it from occurring.

Breast Cancer (T)

Did you know 1 in 8 women will develop breast cancer in their lifetime? This presentation will provide an overview of the important facts related to breast health. We will discuss risk factors, early detection, signs, and symptoms, treatment options and some tips that may reduce your risk of developing breast cancer.

Boosting Brain Health (T)

Your brain is the single greatest system ever designed in the history of the universe. It is responsible for your every thought, emotion and behavior. Maintaining brain health and enhancing lifelong learning is a vital part of aging and quality of life at every age. In this seminar, we will review the anatomy of the brain, gain a better understanding of how the brain learns and thrives, and discuss how incorporating the five critical domains of brain health can enhance your quality of life, starting today!

Boosting Your Immune System (T)

Explore ways to boost your immune system to stay physically and mentally healthy. We will give an overview of the immune system and talk about the effects of prolonged stress on our bodies. Join us to learn how nutrition and lifestyle can maintain a healthy immune system and discover ways to enhance your well-being.

Caring for the Caregiver (O T)

Discover ways to fit some self-care into a challenging day as a caregiver. Whether you are taking care of young ones, spouses or aging family members, it is important you find ways to take time for your own physical, emotional and mental health. This presentation provides some great ways for self-care to feel your best while taking care of others.

Chronic Illness and Emotional Health (O T)

There is a link between chronic illness and your emotional health. If you have a chronic disease, you must adjust to the illness and its treatment, and this can cause some despair and sadness. Join us to learn how to avoid depression and anxiety so you can stay on track with your treatment plan.

Fall Prevention: Finding Balance

Fall Prevention is extremely important to your health and independence. As you get older, physical changes and health conditions make falls more likely. Learn fall prevention strategies and balance exercises to reduce your risk of falling.

General Wellness and Preventive Care (O T M)

A healthy lifestyle and regular checkups with your doctor can help you be well and stay well. Annual preventative screenings may help you find health problems before you feel sick, and vaccines you need, what questions to ask your doctor and what lifestyle tips can help you stay healthy for a Better You.

Handling the Holidays in Good Health (O T)

Take the stress out of the holidays with a new, fresh perspective to focus on what means the most to you at the holidays. Enjoy holiday foods without overindulging and find ways to keep moving with these great tips to handle the holidays in good physical, emotional and mental health.

Healthy Habits Before, During and After Pregnancy (O)

Pregnancy is an exciting time of expectation and change. Join us to learn information that will help you make smart health care decisions for yourself and your baby. Practicing good habits before you become pregnant and maintaining those habits during pregnancy will give your baby a healthy start.

Healthy Habits for Busy People (O T)

For many people busy juggling work and life, maintaining good health can be challenging. This presentation will review 6 healthy habits for optimal well-being, discuss the science of creating habits as the building blocks of healthy behavior, and pause to consider ways to minimize busy-ness. You'll leave with a simple action plan to keep you moving in the direction of your goals.

Immunizations (T)

Immunization is one of the safest and most effective ways to safeguard our health against diseases preventable by vaccine. Join us to learn how you and your children can be protected.

Know Your Numbers (O)

Living life in good health has a lot to do with prevention. Be proactive about your health by scheduling an annual wellness exam along with recommended screenings. Knowing what your health numbers mean, and how to change them, can help you stay well and lower your risk of developing a chronic disease.

Living with Asthma (Don't Take My Breath Away) (O T)

Asthma is a chronic condition that affects many people. If you or a loved one has asthma, it takes time and energy to keep it well controlled. Join us to learn the different types of asthma, how it is diagnosed, how the medication works and how you are the key in the treatment plan to help manage your asthma and live well.

Master Your Motivation: Seven Strategies to Reach Your Goals (O T)

If you've attempted to lose weight, eat better, exercise regularly, manage stress or make other improvements in your health in the past, you may have experienced setbacks or been frustrated by what feels like the inevitable come-and-go nature of motivation. This presentation will help you define your powerful motivators for change and leave you with seven practical strategies that will empower you to consistently make choices to reach your personal health goals.

Menopause & Perimenopause

"The Change" in a woman's life can be very challenging to navigate, especially in the midst of caring for family and working. This presentation reviews the physical, emotional and mental aspects of menopause and offers ideas and solutions to successfully navigate this significant time in a woman's life.

Men's Health (O)

Feel great at any age. Join us to learn about common health issues that affect men including heart disease, stroke, prostate disease, testicular disease and more. You'll get tips for reducing your risk for these and other conditions, as well as some guidelines for recommended preventive screenings.

Mental Well-Being (O T)

One in five Americans will experience a mental illness during their lifetime. In this presentation we will talk about mental health and why it is important. You will learn about the most common types of mental illness and discuss ways to maintain positive mental health and keep your brain sharp as you age.

Metabolic Syndrome (T)

Join us and learn if you are you at risk for Metabolic Syndrome. Discover the key steps you can take to manage the five risk factors of this medical condition. Make simple lifestyle changes for a healthier you today.

Mindfulness (O)

Mindfulness is a popular topic. The media and scientific studies cite mindfulness for its benefits in reducing stress, anxiety and symptoms of various health conditions. Join us to learn what mindfulness is and is not, mindfulness practices, and how to incorporate it into everyday life (including the work place).

New Year New You

Have you ever set a goal at the beginning of a new year to improve your health - perhaps to lose weight, exercise more or have a more positive attitude? If you find it hard to achieve your goals, join us to learn how to set goals towards healthy lifestyle change, take small steps towards your goals, and celebrate your success.

Oh My Aching Head (O)

Did you know that there are an estimated 45 million people in the United States that suffer from headaches? In this presentation we'll review common symptoms and triggers for the four types of headaches—sinus, cluster, tension and migraines. Plus, you'll learn about what you can do that may prevent and minimize your aching head.

Reduce Your Cancer Risk (O)

While there are no guarantees that anyone can avoid cancer, current research gives us some insight into how to reduce our cancer risk. Join us to learn the top lifestyle behaviors and guidelines you can follow to help lower your risk of developing cancer.

Self-Care vs. Medical Care

Not every health situation is a 911 medical crisis or requires a trip to the ER. In fact, 71% of emergency room visits are unnecessary. Knowing what self-care treatments to use for common conditions versus when to seek medical care and where to go will save you both time and money.

Skin Health (O)

The skin is the largest organ of the body, but often it's one of the most overlooked. Learn about healthy skin basics, eating for healthy skin, preventing and identifying skin cancer, and a few additional skin conditions. This seminar will provide tips to help you nourish and protect your skin, and help you identify any skin conditions for treatment.

Sleep (T)

Looking for more energy? Get some sleep! Many of us do not get a good night's sleep, and our health and productivity suffer because of it. This presentation covers the purpose of sleep, how much sleep is enough, and how to improve your quality of sleep with strategies, tips and helpful resources.

Stroke Awareness

Having a stroke is one of the leading causes of death and serious disability for adults. Join us to find out about the different types of stroke, the risk factors, and how to act F.A.S.T. when someone is showing signs of a stroke. Learn the healthy lifestyle choices you can make to help prevent a stroke.

Successful People Do This Overview

Successful People Do This is a program that focuses on teaching you how to optimize your energy and adopt the healthy behaviors that make you feel better right now. This overview presentation of our 5-week lifestyle improvement program covers how to feel better physically, mentally and emotionally to bring a new found focus and motivation to performing your best every day.

Summer Safety

During this presentation, you will learn tips on staying safe in the sun during the summer months. We will cover the different kinds of heat related injuries, how to prevent and treat sun burn, water and boating safety, the best remedies for insect bites and stings, and how to tend to recreational/sports injuries.

Taking the Steps to be Tobacco Free (O)

Living a tobacco free lifestyle can be tough, so it's important to get the tools and support you need to be successful. Learn how to get motivated to quit and identify ways to become tobacco free.

The Science of Willpower (O T)

In the last couple of decades, we have learned a lot about brain science and health. This presentation will dispel the idea that willpower is a limited resource and provide information on what you can do to strengthen your willpower "muscle" to overcome obstacles and make healthy behavior change.

Women's Health (O)

Women have many of the same health problems as men but are affected differently. Some diseases, like osteoporosis and depression, are more common in women. Women often take time for others and neglect their own health. This presentation focuses on the special needs of women to stay vibrant and healthy.

Snack-Sized Learning (15 minutes or less)

Achieve Your Goals

If you want to make lifestyle changes to improve your health, spend some time thinking about what you really want. This snack-sized topic will help you set goals, break them into small steps and celebrate success along the way.

All About Hydration (O)

Hydration is very important to our health and we often fail to stay well-hydrated. This snack-sized topic addresses the importance of hydration, symptoms of dehydration and how to make sure you get enough fluids every day.

Back Health Basics (O)

Back pain is the most common cause of job-related disability and a leading cause of missing work. This snack-sized topic offers tips and stretches to keep your back healthy.

Connect to Your Personal Motivator (O)

If you've attempted to make health improvements in the past, you may have experience setbacks due to lack of motivation. This snack-sized topic will help you define your powerful motivators for change as you strive toward your goals.

Cooler Lunch Ideas (O)

Sometimes you just need some quick inspiration for healthy lunch ideas when you need to pack a lunch. This snack-sized topic offers several ways to prepare healthy lunches for your cooler.

DASH Diet and Blood Pressure (O)

High blood pressure affects almost half of the adult population. This snack-sized topic will help you learn how easy it is to adopt the DASH Diet to reduce your risk for hypertension and improve your waistline.

Disengage from Anxiety (O)

Technology has made many things easier for us, but our "always on" culture has brought a new kind of anxiety. This snack-size presentation will discuss how anxiety is related to technology, and what we can do to disengage from the daily need to be constantly connected to our electronic devices.

Healthy Habits During Pregnancy (O)

Pregnancy is an exciting time of expectation and change. It is also a time to learn and gather information that will help you make smart health care decisions for yourself and your baby. Learn about the good habits you should be practicing during pregnancy that will give your baby a healthy start.

Invest in Wellness

We all need to take time to invest in our wellness. This snack-sized topic offers ideas for making daily deposits into your wellness bank to make you feel richer in health.

Mindfulness and Gratitude

We are living in a busy world and it's easy to lose your connection to the present moment. This snack-sized topic will help you be mindful in the moment and practice gratitude in your daily life.

Mindfulness in the Digital Age (O)

We spend much of our lives disconnected from our bodies, always thinking about what has happened or what will happen, creating stress and anxiety by not living in the present. This snack-sized topic will introduce you to an exercise to learn to be mindful and present.

Oral Health for Overall Health (O)

Dental health can influence several medical conditions. There is a relationship between a healthy mouth and overall good health. It's important to get regular preventative dental care to help maintain good oral health and overall health. Join us to learn more about the condition specific benefits of our program.

Putting the Snooze on Sleep Disorders (O)

This snack-sized topic discusses the purpose of sleep, why it is important, how certain sleep issues like insomnia, sleep apnea and shift work affect your life, and how to improve the quality of your sleep.

Reading a Food Label (O)

You have to be a food label detective to know what's in the food you eat. This snack-sized topic has the information you need to help you choose healthy foods that meet your nutritional needs.

Yoga to Boost Your Energy (O)

We all have times where our energy lags a little and taking a nap is not an option. This snack-sized topic shows a few yoga poses you can do to give you a boost so you can power on through the rest of your day.