

WellScript

Healthy Employee Learning Programs (HELP)

Our Group Education series has been developed to help businesses successfully educate their employees on the health issues that matter most to them.



Stress Management

How to break the grip of unbearable stress

Sleep Disorders

Causes of sleep disorders and what can be done to relieve them

Cardiovascular Disease

Educational programs for Cardiovascular Disease processes and management of these diseases

Fitness and Exercise

What is ideal for you?

Heart Rate Target Guide

BMI Chart

Diabetes Educational Offerings

Self monitoring of blood glucose

Pattern management carb counting and meal planning

Metabolic Syndrome-What is it? How can we prevent it?

Nutrition

Protein & Fats-the good, the bad and the ugly

How to build healthy habits-good carbs, better carbs & simple carb Counting

Eating right with portion distortion

How to read and understand food labels

Nutrition 101-understanding the food pyramid /guide

Live Cooking Demonstrations

How to prepare really 'good' food

The truth about oils & fats

Self Care Education

How to get the most from your healthcare insurance

When to visit the Emergency Room vs. Urgent Care Center

Smoking Cessation

Educate yourself about the health risks of smoking and learn how to escape the cycle of quitting and then slipping up and smoking again. Discussion of helpful tips, new smoking cessation methods and the latest information that will help anyone quit smoking for good.

Presented by:

