

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.



Cholesterol

What is your Number?

What is cholesterol, anyway- and how does it affect my health? We'll discuss all the different lipid levels, plus techniques for reducing high cholesterol levels!

COPD

Chronic Obstructive Pulmonary Disease

Often thought of as an old smoker's disease, recent studies now indicate that 80% of people diagnosed with asthma actually have COPD. We'll look at the causes and symptoms of COPD and how you can protect your lungs! (Onsite Spirometry Testing Available!)

Diabetes

Insulin Resistance & Metabolic Syndrome

People with insulin resistance often have other conditions (a combination known as Metabolic Syndrome) that put them at higher risk for type 2 diabetes and heart disease. Learn how they can affect your health and how to treat them.

Preventing Diabetes

Are you or a family member diabetic or at risk? Learn the ins and outs of preventing type-2 diabetes – what causes it, and what you can do now to avoid being diagnosed with it.

Fitness

These Shoes Were Made for Walking

Step-by step, we'll tell you what it takes to start a successful walking program-for yourself, your company or your group.

Best Moves for Injury Prevention

A lot of injuries can be prevented simply by taking a few minutes to stretch before exercising or doing extensive labor. Get a few quick tips, easy tips that can help make all the difference in preventing unnecessary injury.

Stretch and Strengthen at Your Desk

Sometimes all it takes is a good s-t-r-e-t-c-h to take the edge off a hectic work-day. Join us as we teach you simple exercises to keep you stress-free, toned and energized.

Hypertension

Under Pressure

In this informative, interactive class, you'll learn what BP is, why it matters so much and ways to keep it within a healthy range.

Pressure!

Learn how the sodium you eat affects your blood pressure and see how it's hidden in the foods we eat. After all who wants to be an "Old Salty Dog"?

Nutrition

Healthy Dining Out

Over 45% of our nation's food budget is spent on food prepared away from home! Learn how to make healthy choices and watch your portion sizes when you're traveling for business, on vacation or eating out with friends.

How to Eat on Swing Shifts

Learn how to eat healthily regardless of what your work schedule is. We'll explore ways to manage your eating regardless of what time of day you eat your breakfast!

Grocery Shopping 101

Learn Supermarket Survival. Making lists and reading food labels- we'll fill your cart with the right 'ingredients' from apples to zucchini.

Healthy Cooking Demonstration

Let's cook up some Fun! Learning healthy eating habits can be easier said than done. Our cooking demonstration is always a hit! It's a great way to enjoy a taste of healthy eating.

Rethink Your Drink

Thirsty? Let's take a look at how beverages affect your health. You'll learn what the best options are to keep you hydrated without all the extra calories!

Nutrition, con't

Basic Nutrition

Participants will explore good and bad food choices, portion sizes, and ways to improve their overall diet.

What's for Dinner?

Desperate for fresh ideas? We'll help you cook up healthy meal plans that are palate-pleasing alternatives the whole family will love.

All fats are not Created Equal!

We'll explore the different types of fats you eat and how they affect your heart.

Pre-diabetes/diabetes and Carbohydrates

Low carb diets, no carb diets, all carb diets...it can be so confusing. Join us as we look at what role carbohydrates play in controlling your blood sugar levels.

Sleep Health

Up All Night

Wide awake again at 3 am? Get insight into the causes of sleep disorders and learn relaxing tactics that can help you get your ZZZZs – without medication.

Stress Management

Time Management

No Time like the Present. If time management's not your strong suit, don't miss this opportunity to learn time-tested techniques that will make your life less stressful and more productive.

Weight Management

Weight Loss and Motivation

In this class, we will give you lifestyle tips to get you geared up for a lifetime of successful weight management.

Holiday Survival Guide

The holidays promise fun, festivities, family and friends – plus the temptation to stress out and overindulge in the season's delights. We'll help you get a plan in place to ensure that "the most wonderful time of the year" really is!

Vascular Disease

The Silent Killer?

Did you know vascular disease is one of the leading causes of disability and death in the United States-however, often there are no symptoms until it is too late. Get your questions answered about how you can protect yourself.

Women's Health and Wellness

Breast Cancer Awareness

Let's Think Pink!

Did you know that breast cancer is the most common cancer among women after skin cancer? About 1 in 8 women will develop breast cancer in her lifetime. The number one risk factor is being a woman, and the risk increases as you age. We'll discuss how to do breast examinations and ins and outs of mammograms! Remember early detection increases the chance of survival.

Just how Dense are you?!

Osteoporosis is a silent disease that attacks women and men as they age, making bones brittle and susceptible to breaking. 50% of all women over the age of 50 will experience a broken bone due to osteoporosis. Learn how to maintain a healthy lifestyle including weight-bearing exercises and a diet rich in calcium and Vitamin D to preserve bone strength. (Bone density testing available for an additional fee)

Health Screenings

Colonoscopy

You've heard the horror stories about the preparation, now learn the truth! We'll discuss colorectal cancer screenings and how these screenings really are not a big deal and how they can potentially save your life!

Prostate Health

We'll discuss what the prostate is, how it effects men's health and appropriate screening tools. (PSA testing available)

Smoking Cessation

Up in Smoke

Let's take a look all the reason's you should consider giving up tobacco and resources that are available to help you kick the habit!

Provided by:

