

## Worksite Wellness Program Descriptions

### Presentations:

- *Healthy Aging*: Explore the components for life long healthy living including, physical activity, healthy eating, and recommended tests and screenings. 45 minutes.
- *Keeping a Healthy Heart*: Learn about the symptoms of stroke, coronary artery disease, and high blood pressure and what you can do to help prevent these conditions. 45 minutes.
- *Breast Cancer Awareness*: Provides an overview of breast cancer, the effectiveness of early detection and prevention screening, and information on treatment alternatives for breast cancer. 45 minutes.
- *Keeping a Healthy Back*: Learn how the back works, practice techniques for daily living, and learn stretching and strengthening exercises to help keep the back relaxed and healthy. 45 minutes.
- *Flu Awareness*: Get the scoop on the latest news with the flu and the difference between flu and colds. Find out what you can do to prevent getting both! 45
- *HIV/AIDS Awareness*: Learn about the latest with HIV AIDS virus and how you can help keep yourself and your family safe. 45 minutes.
- *Stress Management*: Come to this introductory program to help you identify stressors, methods to manage stress at work and ways to prevent stress using relaxation, imaging, breathing, and exercise. 45 minutes.
- *You Can Prevent Diabetes*: Are you at risk for diabetes? Learn the risk factors and how simple lifestyle changes can help you prevent it. 45 minutes.
- *Commit to Quit Smoking*: Have you been thinking about quitting? Come to this one session introductory class to learn about quit-smoking strategies, what's worked for other people who have quit, and how to develop your own quitting plan. 45 minutes.
- *Exercise Bands Demonstration*: Exercise bands are great exercise accessories! Not only are they portable and easy to use, they are extremely effective in developing muscle strength and endurance. Learn about this fun way to get into shape! A typical presentation lasts about thirty minutes suitable for groups of five to fifty people.
- *Weight Loss Basics*: Learn how you can achieve and maintain a healthy body weight with tips on regular physical activity and healthy eating. 45 minutes.
- *Fitting Fitness into your Lifestyle*: Create a physical activity action plan and find ways to make your daily life more active. 45 minutes.

- *Osteoporosis Prevention:* Learn how calcium and weight-bearing activities can help decrease your risk for osteoporosis. 45 minutes.
- *Fitness and health eating:* Learn tips and techniques to increase your physical activity and become fit, increase your energy and maintain a healthy weight; many of the things we resolve to do every year!
- *Colorectal Cancer:* Learn about steps you can take for early detection of colorectal cancer. Get an update on advances in screening and treatment.
- *Women's Health Issue:* learn more about women's top health issues including breast cancer, osteoporosis, heart disease and pregnancy. Get information on screening, treatment alternatives and tips for early detection and prevention.
- *Men's Health Issue:* As man what are your risks for heart disease, prostate cancer or diabetes? Learn the risk factors and how making simple lifestyle changes including weight management that can help you avoid chronic disease. In this presentation we include prostate cancer awareness.

## Screenings:

- *Blood Pressure:* Blood pressure screening is popular and informative. There are no symptoms for high blood pressure. Learn your blood pressure numbers to help keep your heart healthy. An hour of screening serves about twenty-five people
- *Body Composition:* Get your body composition (lean muscle, fat, water) measured in just a few minutes. Results are generated by non-invasive methods; perfect for large groups. An hour of screening serves about twenty-five people.
- *Handwashing:* Washing your hands often is one of the best things you can do to help prevent the flu and common cold. How well do you wash your hands? Come to the screening to find out key components of proper handwashing. An hour of screening serves about thirty people.
- *Flexibility:* Back and hamstring flexibility are important for back health, injury prevention, and as we age. This easy screening gives a snapshot of how flexible you are. An hour of screening serves about twenty-five people.
- *Breast lump model:* Learn about breast self-examination and observe the possible lumps that may be found during breast self-examination. On-going display.
- *Pulmonary Function:* Check your lung power with this non-invasive screening.

- *Glaucoma*: This screening is non-invasive and uses no eye drops. An eye pressure measurement is taken and results are interpreted on the spot. Information on glaucoma and other eye conditions can be discussed. An hour of screening serves about twenty-five people.
- *Dermascan*: Non-invasive black light that finds sun damage on the face and neck. An hour of screening serves about thirty people.
- *UV Screening*: Test the effectiveness of your eyeglasses in protecting the eye from ultraviolet rays. An hour of screening serves about thirty people.

### **Table tops and Interactive displays**

- Healthy eating
- Five pounds of fat display
- Step counter display
- Tobacco display
- Healthy heart display
- Emphysema lung display
- Ultraviolet protection for sunglasses
- Drunk driving goggles

### **Other Services that are available**

- Massage and Reflexology therapy
- Environmental Assessment
- Health fairs