



Health Education Classes and Webinars

Our Worksite Wellness team **provides an opportunity to educate employees** on a variety of health and wellbeing topics through webinars and onsite classes. Below are the topics covered.

Health Conditions	Men's and Women's Health	Ergonomics and Musculoskeletal
<ul style="list-style-type: none">• Blood Pressure Basics• Diabetes 101• Healthy Heart, Healthy You• Metabolic Syndrome	<ul style="list-style-type: none">• Breast Cancer Awareness• Navigating Menopause• Nutrition During Pregnancy• Wellness for Men: Live Better, Longer• Women and Heart Disease• Women's Way to Wellness	<ul style="list-style-type: none">• Carpal Tunnel Syndrome• Everyday Back Health• Healthy Bones and Joints – Musculoskeletal Health• Osteoporosis• Preventing Lifting and Back Injuries

Nutrition

- Ditch the Diet: Intro to Intuitive Eating
- Dietary Supplements: A Fundamentals Guide
- Essentials of Nutrition
- Healthy Holiday Eating
- Nutrition and Blood Pressure
- Nutrition and Diabetes
- Nutrition and Heart Health
- Setting the Table for Healthy Eating – Nutrition Labels
- Trending in Nutrition
- Trust Your Gut and Support a Healthy Microbiome

Physical Activity

- Exercise for a Healthier You
- Hydration and Outdoor Exercise

Preventive Care

- Brain Health
- Colorectal Cancer Awareness
- Fighting Inflammation
- How Alcohol Affects Health
- How to Be a Savvy Health Care Consumer
- Hydration
- New Year, New You
- Sun Safety
- The Power of Preventive Health Care

Tobacco Cessation

- Breathe Easy: Living Tobacco Free
- E-Cigarettes and Vaping
- Smokeless Tobacco

Wellbeing and Mental Health

- Better Sleep for Better Health
- Financial Wellbeing
- Resilience: Rising Strong
- Staying Mentally Healthy with Technology
- Stress Less; Live More
- Taking Control of Your Stress
- The Power of Social Connection
- Understanding Burnout
- Understanding Seasonal Affective Disorder
- Weaving Wellbeing into Our Lives

Well onTarget®

- Member/Employee Overview and Demo



For more information,
contact your account team.

