

# ***Worksite Well-Being Presentations***

Improving the health and well-being of your employees can enhance their performance at work. Our webinars include helpful information on all facets of well-being, including mental, emotional and physical health. Contact your Account Manager to learn more about bringing these presentations to your agency.

## **PHYSICAL ACTIVITY**

### **Exercise at Home**

### **Exercise for a Busy Life**

### **Exercise in the Workplace**

A sedentary lifestyle increases the risk of cardiovascular disease. Learn how to incorporate physical activity into your daily routine to stay healthy.

### **Exercise for the Family**

Staying active as a family can create lifelong habits for youth, including learning to value a healthy lifestyle and incorporate physical activity are. It's also an inexpensive way to create a consistent family routine and give something for your family to look forward to participating in together. This presentation will provide a review of physical activity recommendations for youth and the health benefits of participating in physical activity. You will also be led through a 10-minute exercise routine, practice relaxation breathing and get resources to help you on your journey to better health!

## **FOOD DEMOS**

### **Make & Take Appetizers**

This presentation is a step-by-step demonstration where we will discuss the importance of balanced appetizers to get the optimal nutrition and energy. These are fun, easy, healthy and balanced "make and take" appetizers for any gathering!

### **Make & Take Breakfast**

A step-by-step demonstration where we will discuss the importance of a balanced breakfast for optimal nutrition and energy to fuel our day. These are fun, easy, healthy and balanced "make and take" breakfasts!

### **Make & Take Power Bowl**

Power up with all your favorite vegetables, whole grains, and protein in a new way: power bowls. In this demo we will build these trendy new bowls to get all the flavors and health benefits in one bowl.

## **Make & Take Smoothie**

Do you have fruit or veggies in your refrigerator starting to change shape, but you don't know what to do with it? Are you on the run all the time and need a simple smoothie solution? This demonstration will give you all the tips you need on how to make a balanced smoothie and take it to go!

## **Make & Take Snack**

This presentation is a step-by-step demonstration where we will discuss the importance of balanced snacks for optimal nutrition and energy. These are fun, easy, healthy and balanced "make and take" snacks!

# **MENTAL AND EMOTIONAL WELL-BEING**

## **Coping with Stress at Home**

We often hear about stress at work. But what do we do when that stress is in our own homes? Participants will learn what conflict at home can look like, how to improve communication skills and tips for preventing stress with healthy habits.

## **Dealing With Negative Thoughts**

Do you find yourself constantly troubled by your negative thoughts? Do you know someone who cannot seem to get out of their head? In this presentation, we'll talk about where negative thoughts come from, what they sound like to better identify them, and how to work through them when they arise and over time.

## **Finding your why**

Your "why" describes why you do the work you do and why you live the lifestyle you do. Learn how to identify your why and develop an action plan to incorporate it into your life.

## **Health for the Holidays**

The holidays can be a stressful time when you're trying to be mindful of your health. Join us to learn how to enjoy the holidays while keeping your health goals in mind with: planning for the holidays, putting yourself and your goals first, staying active and healthier eating.

## **Mental health and resilience through difficult times**

When your mental health is being threatened, being resilient can help. In this presentation, you will learn that resilience can in fact be learned, there are ways to improve your own resilience, and how to support others.

## **Mental well-being: Suicide awareness**

Suicide is a serious public health problem that can have harmful effects on those left behind, including individuals, families and communities. This presentation covers signs of depression, suicide awareness and prevention.

## **Overuse of opioids**

When opioids are used correctly under a doctor's direction, prescription pain medicines can be helpful. Understand how misusing prescription opioids can lead to dependence and addiction.

## **Stress management**

Stress is unavoidable, and its emotional effects can be profound. Learn ways to cope with stressful encounters and how to manage your body's responses to stress.

## **Well-being through meditation**

Learning to manage stress can lead to a happier, healthier life. In this presentation, you will discover multiple coping skills through meditation. Choose from:

- Autogenic training
- Biofeedback
- Body scan
- Chakra
- Diaphragmatic breathing
- Guided imagery
- Metta meditation
- Progressive muscular relaxation
- Mantra meditation
- Walking meditation

You will also learn how to incorporate meditation strategies into your everyday lifestyle.

## **Wellness dimensions: Finding balance**

Well-being is the state of being happy, healthy or prosperous. You will learn about each of the eight dimensions of wellness and how they enable you to achieve balance and maintain well-being.

## **Winter blues**

The winter months can cause you to feel down and even lethargic. You'll learn how to improve your dimensions of wellness to combat the effects of the winter blues.

## **Working Through Negative Thoughts**

Do you find yourself constantly troubled by your negative thoughts? Do you know someone who cannot seem to get out of their head? In this presentation, we'll talk about where negative thoughts come from, what they sound like to better identify them, and how to work through them when they arise and over time.

## **COVID-19**

### **Elevate your life post COVID-19**

The COVID-19 pandemic has changed how we live, including effecting our physical and emotional health. Join us as we examine the effects and learn tips to increase our physical activity and emotional stability.

### **Emotional and mental well-being during COVID-19**

The need for social distancing because of COVID-19 can impact our emotional and mental health. Learn new ways to connect with your friends and family and how to cope with the stress of COVID-19.

### **Returning to work during COVID-19**

As businesses move employees back into the office, your work environment may seem different than before. This presentation shares ways the pandemic has affected the workplace and what precautions you can take when returning to the office.

## **GENERAL HEALTH**

### **A Heart to Heart on Heart Health**

Heart disease is a leading cause of death in the United States, but doesn't have to be. This presentation focuses on the causes of heart disease. Learn how you can reduce your risk and improve your overall heart health.

### **Alcohol Awareness**

In America, alcohol consumption is on the rise. You'll learn what is considered moderate consumption and the health risks associated with heavy consumption.

### **Biometric Screening: Know Your Numbers**

A biometric screening gives you an understanding of your overall health. You'll learn how biometric screenings measure important risk factors for disease and how test results can identify risks.

### **Brain Health**

Are you trying to find ways to keep your mind active and youthful? In this webinar,

we'll walk you through tips to keep your brain active as well as getting the most beneficial foods for optimal brain health and memory restoration.

## **Breast Cancer**

For yourself and the women in your life, it's important to be aware of and understand risks for breast cancer. In this presentation, you will learn how to identify these risks for both men and women, steps that can be taken to identify breast cancer early, and general courses of treatment.

## **Cancer**

Join us to learn how to be aware and take control of your cancer risk. In this presentation, you'll learn what cancer is, the steps you can take to prevent it, and what screening methods are used. The presentation is outlined to discuss preventative measures of Breast Cancer, Cervical Cancer, and Colon Cancer.

## **Controlling Blood Pressure**

Maintaining normal blood pressure is crucial to cardiovascular and circulatory health. This presentation will introduce you to blood pressure and how it affects your overall health. Learn risk factors and symptoms when your blood pressure becomes too high or low, as well as lifestyle strategies for maintaining healthy levels.

## **Dental Wellness**

Healthy teeth and gums contribute to overall health and wellness. Maintaining good oral health is an important first step to total body wellness. In this presentation, you will learn about dental health risk factors and issues. You will also discover treatment strategies for certain dental issues and prevention tips that can be incorporated into your daily routine.

## **Diabetes**

Diabetes is a chronic health condition that affects more than 34 million people in the United States. In this presentation, you'll get the facts on diabetes risks, prevention methods and treatment.

## **Low Back Pain**

Back pain is one of the most common medical problems in the United States. Learn diagnostic options to identify the cause of back pain along with activities that can help manage back pain.

## **Men's Health**

There are several diseases that are more common in men than women, including certain types of cancer. You'll learn about different cancers, how they are screened, when to get screened and tips for maintaining a healthy lifestyle.

## **Preventing Falls As We Age**

Falls can happen anytime to people of any age. However, the fear of falling becomes more common with age, and can lead to avoidance of activities. But don't let a fear of falling keep you from being active. Join this webinar to learn effective ways to stay active, maintain your health and prevent future falls.

## **Summer Safety 101**

an affect your skin health. This presentation discusses ultraviolet radiation, how it effects your skin and how to stay safe while enjoying summer activities.

## **Teleworking and Ergonomics**

The number of Americans teleworking has increased substantially over the past few years. Join us to learn how to improve your posture and set up an ergonomically correct workstation.

## **Vaccination Station**

Journey through the recommended immunizations from birth to older adulthood, as well as through the COVID-19 vaccines. You will learn what vaccines and immunizations are, how they work, when to get which for routine immunizations, and all the current information concerning the different COVID-19 vaccines. The first step towards better health for you and your community is being informed, so all aboard at vaccination station!

## **Vision Health and Wellness**

Our eyes are our window to the world. You'll learn the role vision health plays in our overall well-being and how you can maintain your vision health.

## **Women's Health**

There are several diseases that are more common among women than men, like certain types of cancer. Find out the implications of breast cancer and cervical cancer, guidelines for screenings and ways to prevent the development of cancer.

## **FINANCIAL WELLNESS**

### **Financial wellness**

Financial literacy helps you manage money wisely. Understanding the current economic environment and knowing your financial standing can improve your financial status.

## **The Connection Between Financial & Mental Wellness**

The connection between financial health and personal health is stronger than you may think, and the stress resulting from financial challenges is often chronic. Individuals have a set of attitudes, values and beliefs regarding money, both positive and negative. During this presentation, you will learn how to examine your beliefs, adjust your mindset, and establish a personal philosophy around money management and personal growth.

## **HEALTHY HABITS**

### **Effective Communication for Different Personalities**

Have you ever wondered why you work really well with some people and seem to clash with others? Why you can predict how some colleagues will react to situations while others catch you off guard? In this presentation participants will learn how to better understand personality types and effectively engage with others, even when you may not share the same perspectives.

### **Hold the stuffing**

Need help avoiding the dreaded holiday weight gain? Learn how to keep you on track during the holiday season. Healthier options for your favorite holiday recipes will also be shared.

### **Maintaining healthy habits remotely**

Working from home can have some benefits, but it can also have a detrimental effect on your health. Learn ways you can consciously make better choices while you are working from home.

### **New Year's resolution solution**

We've all heard "new year, new you." This presentation will show you how to make and keep meaningful resolutions.

### **Nourish your mind body and spirit**

The connection between our mind, body and spirit can improve our well-being. This presentation will focus on physical wellness and the importance of good nutrition. We will also focus on emotional and intellectual wellness with tips on meditation and mental stimulation. Lastly, we'll discuss tips for social wellness and our spiritual wellness, including kindness, gratitude and aromatherapy.

### **Practicing gratitude for improved well-being**

Gratitude is an affirmation of goodness. When we're grateful, we recognize the intention and effort that went into those actions. In this presentation, you will learn ways to practice gratitude.

### **Sleep your Way to Better Health**

Even after decades of research, the exact reason why we sleep remains one of the most enduring and intriguing mysteries in health science.

While there is much that is still to be learned about the intricacies of how sleep works, existing research sheds light on the mechanics of what happens in the brain and body during sleep. In this presentation you will learn how sleep is connected to numerous elements of physical, emotional and mental health, and get insights to improve your sleep routine.

### **Time Management**

Time management is an efficient coping skill for mitigating stress. Today, we'll talk about why we want to mitigate stress, and how we can work on time management to do so. We'll talk about planning, scheduling, delegating, and more!

### **Tobacco Cessation**

Quitting tobacco is hard, but you can increase your chances of success with help from others. This presentation reviews the health risks associated with tobacco use and resources for quitting.

### **Weight Loss Myths & Facts**

Have you ever wondered what the truth really is when it comes to weight loss? With all the information out there telling you to eat this and eliminate that and do this and don't do that, it's easy to feel overwhelmed and confused. Join us today and learn how to bust the myths with weight loss facts and be on the path to sustainable weight loss!

### **Well-being Digital Trends**

Healthcare and technology go hand-in-hand. New advances have vastly increased how people can connect and manage their health. In this presentation participants will learn how mobile health apps are improving our lives and overall well-being, and how to access these wellness apps to help make healthy living habits permanent while reducing stress in the age of speed.

## **NUTRITION**

### **Food Label Reading**

Ever feel like your food labels are sending you mixed messages? From natural, organic, cage-free to percent daily value and high fructose corn syrup, we'll help you sort fact from fiction using the food label.



## **Forks Without Knives: Plant-Based Eating**

No matter your nutrition goals, adding plant-based foods to your diet is a great way to improve long-term health and maintain a healthy weight. Whether you are curious about vegetarian and vegan eating, or simply want to know how to increase your intake of plant-based foods, this webinar will provide useful answers and strategies that will get you moving in the right direction.

## **Fighting Inflammation Naturally**

Inflammation in your body can lead to a variety of health issues. In this presentation, you will learn how to fight inflammation naturally through nutrition. This includes what kind of foods cause inflammation, what foods reduce inflammation, and how to apply this information to your own nutrition and diet.

## **Fueling Your Workday**

The workplace can create challenges to your nutrition and your health. Join this webinar to learn how to incorporate healthy nutrition habits to keep you energized and productive through the day!

## **Healthy Alternatives for Simple Substitutes**

Simple substitutes in the food we eat can lead to bigger results. In this webinar we will look at alternatives in some of the common foods we eat to give more nutrition impact, give a healthier alternative, and help give a new perspective on how we grocery shop, cook and eat!

## **Improving Gut Health**

Did you know that your gut health plays an important role in the health of the rest of your body? This webinar we will discuss why gut health is so important and the foods you should incorporate into your daily diet.

## **Jumpstart Your Metabolism**

Do you ever feel like your metabolism has hit a wall? Maybe you've tried everything to lose weight, but instead find you're at a plateau or weight gain and no results? This class will walk through some changes you've experienced, and give you helpful tips to jumpstart your metabolism and help guide you to reach goals.

## **Nutrition for Anti-Aging**

Aren't we all trying to stay as youthful as possible, mind, body and soul? With youthful energy, youthful skin, and less aches and pains that come with age. GEHA's Registered Dietitian, Lindsay Martin, will walk through some helpful tips to keeping you living your most youthful life and even give a demonstration of how to make a homemade facial mask using foods in your kitchen.

## **Nourishing your lifestyle**

There are many ways you can adapt your nutrition to work for your goal of a healthy lifestyle. In this presentation, discover the difference between fad diets and healthy food patterns as well as healthy tips to building nutrition habits that support your health.

## **Nutrition tips for a Healthier YOU**

If you're concerned about weight, chronic disease management, or just optimizing your health, this webinar will help you identify simple and gradual changes you can make to add up to major improvements. Join us to identify a step-by-step plan to help you meet your personal wellness goals to live a healthy and quality life.