

HEALTH EDUCATION/ LUNCH AND LEARN

These presentations are designed to promote physical and mental health. Kettering Medical Center's health care professionals speak on topics of specific interest to your organization and highlight risk reduction strategies.

Cost: \$125 per hour presentation.

Customized presentations can be developed to fit your company's needs for an additional fee.

Presentations include:

NUTRITION/WEIGHT MANAGEMENT

- FUN (Finally Understanding Nutrition)
- 10 Habits for a Nutritious Lifestyle
- Food Pyramid: Building a Healthy Foundation for Life!
- Right Size Me!
- Food Labels 101
- Eating on the Run
- Surviving a Fast Food Nation
- Meal Planning
- Vegetarian 101
- Healthy Snacking for Life!
- Building Strong Bones
- Nutrition for a Healthy Heart
- The Facts About Functional Foods
- Healthy Aging with Good Nutrition
- Food and Mood
- Weight Management 101
- Intuitive Eating
- Organic vs. Non-Organic – Pros and Cons
- Get Rich Quick... Antioxidants
- Anti Inflammatory Foods
- Eating Well Over 40
- Nutrition for Optimal Exercise Performance

HEART HEALTH

- Managing Cholesterol
- Managing Your Blood Pressure
- Shake the Salt Habit
- Keeping Your Heart Healthy
- Act in Time – Starting the Emergency process

PHYSICAL ACTIVITY

- Deskercise
- Exercise and Diabetes
- Role of Exercise in Osteoporosis
- Stretch Good Morning
- Lost the Fat – Not the Muscle
- 10 Steps to Improved Fitness
- Starting an Exercise Routine
- Starting a Walking Program
- I'm in the Gym, Now What
- Fitness for Life
- No Equipment – No Problem
- Revamp Your Exercise Program for Optimal Results
- Building an Exercise Routine
- Fitting in Fitness
- Cardio vs. Strength
- Starting a Running Program

CANCER TREATMENT/PREVENTION

- Skin Cancer & You
- Colon Cancer: Are You at Risk?
- Is a PSA Blood Test Right for You?
- DeMYTHifying Breast Cancer

GENERAL HEALTH

- Women's Health
- 8 Weeks to Wellness
- Osteoporosis
- Living Well with Arthritis
- Sleep
- Aging Gracefully
- Aging Sensitivity
- Stress Management
- Common Allergies
- Can you Boost your Brain Power?
- Shingles, Allergies and Beyond
- Depression and Anxiety
- Digestive System Basics
- Managing Stress Over the Holidays
- Stress Survival
- Sun Safety