

2016 SOM Wellness Seminar Descriptions

| MONTH | TITLE | Descriptions |
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| January | Fitting in Fitness | Exercise options for busy people! Learn guidelines for a balanced fitness program, tips to fit in fitness, and five keys to success for healthy behaviors. |
| February | Heart Healthy Living | The Beat Goes On! Learn what causes heart disease, about the controllable and uncontrollable risks for coronary artery disease, and what lifestyle choices to make for a healthy heart. |
| February | Heart Disease Prevention | Learn the risk factors that contribute to heart disease and preventive measures you can take starting today! |
| March | Healthy Meals in 30 Minutes | Discover how to serve a healthy meal in 30 minutes! You'll learn effective meal planning, smart shopping and easy food preparation skills to make these simple and delicious meals. |
| March | Healthy Eating | It can seem as if eating healthy takes too much time and costs too much money. Step up to the plate and learn easy tips to eat healthy while without breaking the budget. |
| April | Back Health | A healthy back allows the freedom to participate in an active lifestyle. Learn preventative measures and gentle exercises to encourage a healthy back. |
| April | Back Health at Work | Fight those office aches and pains! Learn the basic function of the back and what work and no-work related risk factors contribute to back pain so you can keep your back healthy while at work. |
| May | Physical and Emotional Impact of Stress | Learn how stress affects both your body and your mind and how to manage the effects with a variety of coping skills. Manage stress before it manages you! |

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| June | Men's Health Issues | Men have specific health issues that need to be addressed. Learn about the recommended screening tests, how to prevent male-specific illnesses, and how to stay on track for a healthy lifestyle. |
| July | Healthy Skin w/ Dermascan | Participants will learn how their skin has fared from sun damage with the Dermascan, a lighted skin test. Included are practical recommendations to keep skin protected and healthy for life, and how to spot dangerous changes in skin's appearance. |
| August | Understanding Depression | Learn the facts about depression and the common depression symptoms, as well as how to treat depression. |
| September | Adding Nutrients the Delicious Way | Get simple tips for fitting more fruits and vegetables into the day, and affordable ways to eat healthy. |
| October | Women's Health Issues | Learn about the Important women's health issues of cancer, heart disease and osteoporosis. Also, learn about the effects of stress on women and ways to reduce stress levels. |
| November | Diabetes Awareness & Prevention | Become aware of the symptoms of diabetes, risk factors for pre-diabetes and diabetes, and the best strategies for preventing diabetes. |
| November | Maintain, Don't Gain, During the Holidays | This program is geared toward avoiding weight gain as a result of poor nutritional habits around the holidays. |
| December | Health (and Happy) Holiday Eating | Do visions of sugar plums lead to nightmares about weight gain? Fear not, you can enjoy the holiday festivities, including your favorite holiday foods. Learn great ingredient substitutions and get helpful meal preparing tips to make your holiday season a healthy one! |

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| December | Dealing with Stress During the Holidays | Don't let stress take the joy from this holiday season! A health coach will help you identify your stressors, understand how stress affects your health, and teach you stress management techniques to keep you feeling your best even during the busiest times. |
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