



# Local community and hospital speakers

45 minutes — \$150

## ADVANCED CARE PLANNING — FREE CLASS

- Advanced care planning

## ASTHMA

- Asthma & allergies
- Breath easier - tips on asthma

## CARDIO

- Are you at risk for hypertension
- Cardio aerobic
- Cholesterol drugs: good, bad, or not for you
- Heart health
- Preventing diabetes
- Preventing high blood pressure
- Preventing high cholesterol
- New diabetes diagnosis
- Understanding heart disease

## CANCER

- Breast cancer diagnosis
- Skin cancer - what we need to know
- What's new in breast cancer

## EXERCISE TOPICS

- Diabetes and exercise
- Exercise program: no gym required
- Exercises at the desk
- Exercising for life
- Fitting in exercise and developing an Exercise routine

- Hypertension and exercise
- My aching back
- Neck and shoulder health
- Staying mobile in the workplace
- Starting an exercise routine

## EXERCISE CLASSES

- Strength training boot camp
- Boot camp
- Pilates
- Tai chi
- Yoga
- Functional training
- Modified exercise for special populations

## HEALTH WISE LECTURE

Free with purchase of books

## MENTAL HEALTH

- Emotional eating
- Integrative approaches to depression
- Mindful eating
- Mental Fitness
- Setting healthy boundaries while working from home
- Stress in the workplace
- Stress management
- Youth Mental Health

## MOTIVATIONAL

- Making the rest of your life the best

## NUTRITION

- Anti-inflammatory foods
- Balancing your macro nutrients
- Benefits of building muscle
- Choosing sustainable diets
- Healthy cooking demo\* (\$250)
- Healthy eating
- Healthy nutrition while working from home
- The hidden facts about sugar
- Nutrition and healthy eating in Spanish
- Pediatric obesity
- Probiotics and your digestive health
- Recipe makeovers — How to lighten up your meals
- Smart goals for weight loss
- Selecting nutritional supplements
- Weight-management
- Whole health - finding balance
- Whole nutrition

## SLEEP

- Integrative approaches to insomnia
- Sleep apnea

## WOMENS HEALTH

- Understanding menopause