



Workforce Wellness Lectures

A Scott Lawson Company, Ltd.

- **Healthy Living Lectures**

1. Anxiety Attacks – *Effective treatments for anxiety attacks and disorders.*
2. Bad Breath – *Causes and how to combat bad breath.*
3. Balance – *Explains the importance of balance and offers techniques to improve.*
4. Biometric Measurements – *Track your blood pressure, body fat, cholesterol, weight, and flexibility.*
5. Blood Donation – *Who can donate, side effects, importance of donating, and FAQ's.*
6. Body Types – *Learn about your body type and how it affects your fitness plan.*
7. Car Travel – *Tips for driving in dangerous conditions and traveling with your pet.*
8. Caregiving – *Information on how to prepare for caregiving in the future and respite care.*
9. Emergency Care vs. Urgent Care – *When do you use the ER vs. Urgent Care?*
10. Ergonomics – *Understand joint and muscle functioning and creating a healthier posture.*
11. Eye Exam – *Understanding and using the Snellen Chart (20/20).*
12. Getting the most out of your MD appt. – *How to prepare for an MD appointment and questions you should ask.*
13. Fitness and Nutrition – *How to stay fit and the resulting positive changes.*
14. Frostbite and Hypothermia – *How to detect and prevent, as well as first aid for frostbite.*
15. Headaches – *Four types of headaches, prognosis and common treatments.*
16. Healthy Aging – *How to remain healthy through the years.*
17. Hearing Testing – *Hearing loss symptoms, decibels and importance of regular testing.*
18. Holiday Health – *Usual and unusual tips to prevent holiday weight gain.*
19. Home Safety – *Responses to emergency situations and how to build a first aide kit.*
20. Immunizations – *How does an immunization work and why immunize your child? Plus an immunization record keeper.*
21. Insomnia – *A review of different types of sleeping disorders and tips to sleep better.*
22. Laughter – *Learn the preventative and therapeutic values in laughter.*
23. Letterboxing – *What is it, what do I need, and how do I start?*
24. Living Wills – *Documents provided on drafting a living will.*
25. Lung Capacity – *Have your lung capacity measured and explained.*
26. Menopause – *Learn the terminology and hormone therapy.*
27. Metabolism – *Learn how to boost your metabolism.*
28. Motivation – *Ever lose motivation to exercise? Learn how to avoid this again.*
29. Mouth-Body Connection – *Oral health and other potentially linked diseases/conditions.*
30. New Year – *SMART goal setting.*
31. Performance Enhancing Drugs – *Various enhancers and their effects.*
32. Skin Care – *Learn about several skin conditions, their symptoms, and treatment.*
33. Stress Management – *Power point presentation with facts on stress and tips for relaxation.*
34. Summer Safety – *Tips on helmet use, insect bites, sunscreen, and water safety.*

35. Time Management – *Tips on how to regain control of your 24 hours.*
36. Waist to Hip Ratio – *Learn what your ratio means.*
37. Weight Loss Pills – *Several pills and their pitfalls explained.*

- **Disease Management Lectures**

1. Arthritis – *What arthritis is and how to live with it.*
2. Avian Flu – *Risks and precautions associated with Avian Flu.*
3. Bacterial Infection – *How to prevent a bacterial infection when they are on the rise.*
4. Cancer Prevention – *Discuss healthy behaviors that reduce risk of developing cancer. Plus a list of antioxidant-rich foods that reduce risk of certain types of cancers.*
5. Carpal Tunnel Syndrome – *What is CTS, the symptoms, and how it is managed.*
6. Cholesterol – *Understand the different types of cholesterol and controlling them.*
7. Cold and Flu – *Causes and prevention tips. Uses demonstration with Glo-Germ*
8. Conjunctivitis – *What is it, how to treat and prevent.*
9. Great American Smoke out – *Introduction to 7-week smoking cessation class.*
10. Heart Disease – *How to avoid heart disease and what symptoms you should pay attention to.*
11. Heartburn and Acid Reflux – *Symptoms and treatment of heartburn.*
12. Lupus – *Learn what it is, who it attacks, and how to treat.*
13. Lyme Disease – *How to prevent Lyme disease, the symptoms and how to manage them.*
14. Prescriptions – *Information provided on taking prescription medications safely and how to avoid the need of taking these medications.*
15. Seasonal Affective Disorder (SAD) – *What is this disorder and how to treat it.*
16. Stroke – *What is a stroke, the different types of strokes, and treatment options.*
17. Summer Skin Care – *A review of skin care in the sun and how to screen for lesions.*
18. Tendonitis – *Risk factors, prevention, and wellness tips.*
19. West Nile Virus/ Triple E – *Overview on West Nile and EEE, symptoms, and how to manage them.*

- **Nutrition Lectures**

1. Alcohol – *Myths and alcohol content in a “standard” drink.*
2. Artificial Sweeteners – *Learn the uses, controversies, and health benefits and/or risks.*
3. Brown Bag Lunch – *Nutritious options to pack in a brown bag lunch*
4. Calorie Counting – *Learn how many calories a day you should consume for your own personal goals.*
5. Carbohydrates 101 – *Where do carbs come from in our diet? What are excessive carbs? What is the difference between simple and complex?*
6. Calcium - *How to best incorporate it into your diet to meet your nutritional needs*
7. Chocolate – *Pros and cons of this dessert.*
8. Chondroitin – *How to purchase and consume this supplement.*
9. Creatine – *What is it and is it helpful or harmful?*
10. Diet Comparison – *Learn and compare 10+ diets. Which one will fit your needs?*
11. Diet Myths – *Learn myths that will affect how you diet.*

12. Eating Disorders – *Information on eating disorders, what causes them, the effects, and warning signs.*
13. Energy Bars – *Pros and cons of energy bars and how to use them to your best advantage.*
14. Energy Drinks – *A comparison of the pros and cons of energy drinks.*
15. Fast Food – *Relation between fast food and weight gain.*
16. Fiber – *Why is fiber important, where do we find it, and recipes high in fiber.*
17. Food Processing – *Learn about chronic diseases blamed on food processing and how to avoid processed foods.*
18. Food Remedies – *Food and herbal remedies for minor maladies.*
19. Fruit: Dried vs. Fresh – *Discover the pros and cons of dried fruit. Is it just as healthy as fresh fruit?*
20. Get the Skinny on Fats – *Understand the different types of fats and their impact on you.*
21. Good/Bad Foods – *What are the most evil and most helpful foods to you?*
22. Grains – *Forms and types of grains.*
23. Herbs – *Receive an herb guide, recipes, and tips on how to handle and store herbs.*
24. Iron – *What is iron and why do we need it? Signs and symptoms of iron deficiency.*
25. Let's Wok – *Benefits of stir-frying, recipes, and demonstration.*
26. Nuts – *Benefits of nuts and peanut butter, and ideas on how to add them to your diet.*
27. Omega-3 – *What is Omega-3 and how to make sure you are getting enough.*
28. Organic – *Why should you eat organically? What are the most important foods to replace?*
29. Portion Distortion – *A comparison of portions 30 years ago versus today and how to combat overeating in a super sized society.*
30. Reading Nutrition Labels – *Understand how to read a label and compare products.*
31. Red Meat – *Pros and cons of eating or abstaining from red meat.*
32. Soda – *Effects of regular and diet soda.*
33. Sugar in Liquids – *What is the effect of drinking sugary liquids?*
34. Summer Eating – *Discover calorie-cutting summer foods and myths.*
35. Supplements – *Supplements and how to best incorporate them into your diet to meet your nutritional needs.*
36. Sweet on Sugars – *Understanding complex and naturally occurring sugars.*
37. Water – *Diet advice to reduce water retention.*
38. Weight Gain – *How to healthfully gain weight.*
39. Winter Comfort Food – *How to make common comfort foods healthier.*

- **Exercise Lectures**

1. At Home Fitness – *How to develop a home workout routine for minimal cost.*
2. Back Exercises – *Learn back safety, correct lifting techniques, and strengthening exercises.*
3. Benefits of Exercise – *Learn elements of a good exercise routine and resulting benefits.*
4. Exercise Bands – *Learn the benefits of training with bands and some exercises.*
5. Exercise & Fatigue – *How to deal with and overcome fatigue in a healthy exercise plan.*
6. Exercise & Osteoporosis – *What exercises can be safely done and their importance*
7. Fitness Assessment Clinic – *Fitness measurements taken then explained by a coach.*

8. Flexibility – *Be tested for flexibility, learn how flexible you should be, and exercises to increase flexibility.*
9. Hiking 101 – *Tips on how to hike safely and great hiking locations.*
10. Improving Your Baseline Measurements – *Steps you can take to improve overall numbers*
11. Interval Training – *How interval training can increase metabolism if routine is stagnating.*
12. Lift 4 Life – *The importance of strength training.*
13. Physically You – *Know what to expect in your annual physical examination.*
14. Physioball – *Instruction on how to introduce the physioball into your workout.*
15. Target Heart Rate – *How to properly check your target heart rate while exercising and the impact this has on your body and workout.*
16. Walking – *Creative ways to make walking part of your normal routine.*
17. Weight Loss and Exercise – *Learn why exercise is so important and how to stick with a program.*

- **Chronic Condition Lectures**

1. Allergies – *Minimize your chances of an allergic reaction.*
2. Asthma – *How to reduce the likelihood of an asthma attack and what to do if you have one.*
3. Diabetes – *Different types of diabetes, their causes, symptoms, and treatment.*
4. Fibromyalgia – *Living with fibromyalgia.*
5. Hypertension – *Steps you can take to reduce hypertension and manage the symptoms.*
6. Obesity Rates – *Discover the epidemic of obesity nationwide and where your state falls.*
7. Osteoporosis – *Steps you can take to reduce symptoms of osteoporosis.*

- **Alternative Medicine Lectures**

1. Acupuncture – *An explanation of how acupuncture works and the associated treatments.*
2. Chiropractic Medicine – *Review of symptoms that can be treated by chiropractic care and the timeframes associated with treatment.*
3. Naturopathic Medicine/Mind-Body Medicine – *A review of the different approaches to Naturopathic/ Mind- Body medicine.*
4. Reiki, Qigong, Tai Chi – *Review of the different types of healing arts using gentle movement.*

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