

# Health Seminars

For Your Workplace

## Wellness Brown Bag Seminars



### PacificSource Can Provide Brown Bag Seminars on a Wide Variety of Health Topics at Your Work Site.

Our standard topics are listed below, and we can address additional health-related subjects at your request. The cost of these sessions varies, ranging from no charge to \$250 per hour. Travel fees may also apply, and there is a per employee charge for sessions that include health screenings (indicated by \*).

#### Addictions

- Tobacco Cessation
- Dealing with Addictions

#### Aging

- Health Practices and Longevity
- Fitness Over Fifty
- Living Wills/Advanced Directives
- Trusts and Estates

#### Cancer

- Preventing the Big C
- Skin Cancer Screening\*
- Skin Cancer Prevention
- Testicular Cancer Education
- Prostate Cancer Education
- Living with Cancer

#### Diabetes Education

- Living with Diabetes
- Diabetes Prevention
- Diabetes Screenings\*

#### Ergonomic Education

- On-site Ergonomic Evaluations
- Proper Lifting Techniques

#### Exercise Education

- Benefits of Exercise
- Cardiovascular Health
- Strength Training
- Flexibility
- Back Health
- Becoming More Physically Active

#### Family

- Developing Healthy Habits Together
- When You're Expecting
- The Teen Years
- Understanding Your Pre-Teen
- The Grade School Years
- Infants and Toddlers
- Adoption Matters
- Caring For Elderly Family Members

continued on reverse



## Heart Health

- Stroke Prevention and Education
- Healing Hypertension
- Women and Heart Disease
- Controlling Cholesterol and Heart Disease
- Cholesterol Screenings\*

## Medical

- Self-Care: Managing Your Health
- Living Well Naturally
- First Aid/CPR
- Sahara Scan: Bone Density Screenings\*
- Migraines: Prevention and Treatment
- Allergies: Prevention and Treatment
- Osteoporosis: Prevention and Treatment

## Nutrition

- Nutrition Basics
- The Fat and Carbohydrate Battle
- Fantastic Fiber
- Five a Day
- Portion Sizes
- Going Veggie

## Stress Management

- Meditation
- Time Management
- Budgeting Your Finances
- Prioritizing/Organizing
- Forgiveness and Health
- Grieving and Healing
- Spotlight on Seasonal Affective Disorder (SAD)

## Weight Loss Education

- Healthy Eating
- Exercise
- Strength Training
- A Healthy Weight

## Other On-site Offerings:

Chronic Disease Self Management—6-week series.

## Need a Customized Wellness Seminar for Your Employees?

We're happy to work with you to create an educational plan specific to your workplace. For more information or to get started on a plan for your organization, please contact our Wellness Specialists, at (541) 225-2811 or [wellness@pacificsource.com](mailto:wellness@pacificsource.com).

***Questions? If you need more information about any of our products or services, please contact us.***



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