



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
- Heart Healthy Nutrition
- The Facts About Functional Foods
- Healthy Aging with Good Nutrition
- Food and Mood
- Weight Management 101

HEART HEALTH

- Managing Cholesterol
- Managing Health Blood Pressure
-

PHYSICAL ACTIVITY

- Sit and Fit
- Deskercise

- Exercise for Arthritis
- 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

CANCER TREATMENT/PREVENTION

- Skin Cancer & You
- Colon Cancer: Are You at Risk?
- Is a PSA Blood Test Right for You?
- DeMYTHifying Breast Cancer
- Come Walk Beside Me:
Understanding the Cancer Experience
- Cancer in Your Community:
What You Can Do to Prevent Cancer
- Self Breast Exam

GENERAL HEALTH

- Women's Health
- 8 Weeks to Wellness
- Osteoporosis
- Living Well with Arthritis
- Sleep
- Aging Gracefully
- Aging Sensitivity
- Stress Management
- Group Diabetes Classes
- Depression Screening