



## Wellness classes for your employees

We offer a broad spectrum of classes that we can bring directly to your place of business. If you don't see a topic your company is interested in, we may be able to develop a class addressing your specific needs. For more information, please call (256) 265-0068.

### WELLNESS AND YOU

**Over the counter overboard** – This class examines over the counter medications, what they do to your body, and why you may want to cut back on usage.

**How to become a good health care consumer** – This class will help your employees learn how to use their benefits wisely. They will learn how to work in partnership with their physician and how to take part in all medical decision-making.

**Staying healthy during cold & flu season** – This class focuses on prevention and treatment strategies for colds and the flu. (30 or 60 minutes)

### PREVENTION AND MANAGEMENT

**The heart of the matter** – Recognize the risk factors for heart disease and how to keep your heart healthy.

**Know your numbers** – Learn about the typical biometric screening process, which includes blood pressure, cholesterol and diabetes blood tests. Learn what your numbers mean and how to improve.

**Diabetes: Connecting the pieces for self-management** – This class will help employees understand diabetes and glucose management.

**Preventing type 2 diabetes** – Recent studies have shown it is possible to prevent the onset of type 2 diabetes. Find out if you are at risk and what steps to take for prevention. (30 minute class)

**Cancer awareness** – Learn risk factors related to the different types of cancer and how to reduce your risk through nutrition, exercise and other lifestyle modifications.

**Breast health** – This class identifies risk factors for breast cancer, goes over how to perform a breast self-exam and what to look for, along with the guidelines for mammography.

**Women's Health** – Learn steps that allow you to take a proactive approach to your own health. We will go over common health conditions that affect women.

**Kick tobacco** – This informal small group session is designed to provide resources to smokers interested in quitting, including counseling and support, nicotine replacements and tips on preparing to quit.

**Skin cancer: Protect the skin you're in** – Explore the types of skin cancer and what can cause them. Learn prevention methods and guidelines for skin self-examinations.

**Understanding metabolic syndrome** – Learn about this cluster of conditions that can increase your risk of heart disease, stroke, and type 2 diabetes.

**Working in summer heat** – This class reviews types of heat-related illness, treatments and prevention.

**Keeping you healthier at home** – This class will touch on medical emergencies, first aid, and common illnesses. The goal of the class is for employees to learn how to triage themselves at home with a self-care book.

*See back for more class options*

## NUTRITION

**What's in your drink?** – Learn more about what the additives in popular drinks are doing to your body and the danger of mixing them with other common substances.

**Eating out without doing your diet in** – Learn the calorie and fat content of popular fast foods, and how to make the best choices when eating out.

**Carb counting made easy** – Learn ways to determine the number of carbohydrates in different foods to make wise meal choices.

**Eating well at work** – Sometimes going to work can sabotage the best healthy eating plan. Discover the 5 nutritional “traps” common to the workplace.

**Eating well using nutritional labels** – This class presents an overview of the nutrition facts label, as well as a breakdown of each section for a more detailed look.

**Worth it's salt?** – This class provides a brief overview of sodium in the American diet. Learn how to locate hidden salt in foods, and what flavoring alternatives you can try.

**The buzz on caffeine** – Learn the effects of caffeine on the body. Guidelines for safe consumption and caffeine-free alternatives are also offered.

## EXERCISE

**The reluctant exerciser** – This class looks at how to select the right exercise program for you. You will learn how to increase the intensity of your exercise within safe guidelines.

**Keeping your back on track** – This class demonstrates methods to strengthen and stretch your back. Proper lifting/transporting techniques and prevention of back injuries are also taught. (30 or 60 minutes)

**Why not walk?** – Learn the benefits of walking, how to buy footwear and how to customize a program for the beginner or the advanced walker.

**Fit it in** – Learn the benefits of exercise and how to incorporate everyday activities into your physical activity plan, while also staying focused and motivated. A set of quick exercises is included in handouts.

## STRESS

**S.O.S.: Success over stress** – Take this opportunity to look at the dynamics of stress and discover how it affects you. Learn techniques and approaches to manage stress in your life.

**The balancing act** – Learn strategies for balancing family, work and finances.

**Sleepless in Huntsville** – Participants learn to identify sleep problems and how to improve the quantity and quality of sleep.

**Less stress for the holidays** – This class gives fun and creative ideas from cooking, to gift giving, all with a healthy holiday twist.

**How to beat the winter blues** – Discover the meaning and recognize the signs of seasonal affective disorder (SAD) and learn how to alleviate these symptoms.