



## Lunch & Learn Workshop Topic Summaries

### **Nutrition**

We will be dispelling myths about what foods are healthy or harmful from infancy through adulthood. We will be educating your employees about what foods cause sickness, including obesity, poor energy levels, heart disease, cancer, arthritis, etc. We will also present vital information on how exercise and the way you think affect your nutrition. All participants will be taught wellness implementation strategies for adapting a healthy eating habit for life to prevent disease, obtain proper weight control, slow down the aging process, and maximize your energy and health.

### **Stress Management**

What is stress? What are the triggers in your daily routine and lifestyle? How do you manage it? One of our most popular workshops in our Lunch & Learn Series, Stress Management creates a sense of peace, balance and direction for a healthy future. We will teach your employees how to reduce stress, especially during this time of economic difficulty. This workshop is all about getting a grip on your thought-life and taking control of your future once and for all.

### **Women's Health**

This workshop deals with some of the most common health concerns and conditions women face today. This workshop is also a huge benefit to men with significant others. Participants will learn how to promote women's health in body, mind, and spirit and maximize the joy in their lives.

### **Healthy Living to 100**

We will teach you how to turn your current health crisis around. You will be taught how to become healthy through a variety of scientifically proven methods which have been tested in clinical trials and extensive research. How do you turn heart disease, cancer, or diabetes around and enjoy health to 100 and beyond? Scientific research shows us that our bodies, when healthy, are designed to live 120 years. Learn what it takes to reverse aging, regain health and prevent disease.

### **Headaches and Tension**

Headaches affect all ages and genders. Headaches are common but, are absolutely not normal. This workshop will discuss the cause of headaches and offer healthy solutions other than drugs. Get headache free today!

### **Fit While You Sit**

Are you working with proper ergonomics? Is improper, prolonged sitting damaging your spine, causing pain, arthritis and tension? This workshop provides solutions to the health problems caused by the modern work lifestyle and teaches techniques for optimizing any work environment to reduce common work related conditions such as headaches, arthritis, carpal tunnel, headaches, back and neck tension, and more...