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Health Net



Select one of our complimentary seminars, presented by a health educator.

# Wellness Seminars

## Menu

*For California employers*

### *Heart healthy selections*

- **Move It to Lose It!**

In this course, you'll discover the benefits of exercise, the basics of a fitness program, how to overcome barriers, and the right exercises and intensity to meet your needs. At the end of the seminar, we will put it all together and discuss examples of success stories.

- **Keeping Your Cholesterol in Check**

Knowing the facts about cholesterol can reduce your risk of a heart attack or stroke. Learn the difference between HDL and LDL levels, the role of exercise and diet in cholesterol levels, risk factors, and hereditary influences.

- **My Health in Numbers**

Learn what your cholesterol, blood pressure, waist circumference, and glucose levels should be, and what you can do to reach healthy levels.

- **Don't Lose Sleep over Stress**

This course looks at stress management and how it affects the quality of your sleep. You'll learn about the relationship between sleep and stress, as well as useful tips to help you relax and get your zzzz's.

- **How Does Your Fat Stack Up?**

Learn about fat, effects of fat on your health, how to reduce fat, reading food labels, and alternative cooking methods.

- **How Does Your Sugar Stack Up?**

Discover facts about sugar and the following: consumption, health concerns, contents of food, substitutes, and tips to reduce intake.

- **How Does Your Salt Stack Up?**

Find out about salt, the effects of salt consumption on your health and ways to help you cut back.

- **Managing My Diabetes – Head to Toe**

Learn what diabetes is and learn about the types of diabetes, risk factors, the role of insulin, common symptoms, and diabetes prevention.

- **Healthy Eating on a Budget**

Want to eat healthier but worried it could be expensive? In this seminar, you'll learn to shop for healthier food options AND keep to your budget. You'll discover money-saving tips on buying produce, grains, meat, and dairy. Plus, you'll learn how to read and understand nutrition labels and health claims.

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## *Seasonal selections*

- **Safety During the Summer**

Summer is just around the corner – Are you ready? This seminar offers useful reminders for enjoying a safe and worry-free summer. Topics include an overview of sun-related injuries and prevention, treating bug bites and stings, safe eating tips for cookouts and picnics, water activity precautions, and overall summer safety.

- **Survive the Cold and Flu Season**

Learn the difference between a cold and the flu, how you can stay healthy during the cold and flu season, and guidelines and recommendations for flu shot vaccinations.

- **Healthy Holidays**

Discover holiday stress busters, meal planning tips, healthy food choices, exercises to help you work it all off, and how to keep New Year's resolutions.

## *Additional educational topics*

- **Women's Health**

Attend this seminar to learn which preventive screenings women should schedule at a particular age. Additionally, we will discuss common women's health topics and top health concerns.

- **Men's Health**

Attend this seminar to learn which age-specific preventive screenings men should schedule. We will also discuss common men's health topics and the top health concerns.

- **Boost Your Financial Health**

Financial fitness is an important part of a wellness program. Learn the components of a financial checkup, the importance of budgeting, money-saving tips, and planning for the unexpected.

- **New Year, Fresh Start**

In this seminar, you'll learn all about change. We'll examine the process, different stages, how to set goals and stay motivated, and ways to track and reward your success.

- **Know Your Health: Tobacco Cessation**

A new look at why people smoke and how to quit. This seminar includes a discussion of the health risks of smoking, why it's so hard to quit, benefits of quitting, how to prepare for quitting, actually quitting, and staying smoke free.



Contact your account representative for more information about additional wellness topics.



**Susan Potthoff,  
Health Net**

*We help make whole health possible.*

