

advantage

Wellness within reach

American Heart Association
Life's Simple 7®

Building Resilience
for Well-Being &
Stress Management

Changing Eating
Behavior For Good

Eating Mindfully

Lifestyle and Weight
Management

Nutrition Labels 101

Resistance Training
for Well-Being

Super Power, Super Foods

Women's Wellness



Western Health Advantage is excited to offer our Real Solutions, Real Results seminar series

We understand that the health of your employees is important to you and that you want them to be equipped with the tools they need to succeed. Not only should they have the knowledge, but it is key that they have the ability to walk away with techniques to help reach their goals. Western Health's **Real Solutions, Real Results** seminars are designed to educate, engage and empower your workforce to do just that. Explore the healthy living topics currently available. New topics are always being added, and custom topics are available upon request. Presentations are 45 to 60 minutes in length.

See reverse for seminar description



mywha.org/wellness

advantage you

Choose a Real Solutions, Real Results seminar that suits you!

American Heart Association Life's Simple 7® | Do you know what it really means to live heart healthy? Reduce your sodium, exercise more, don't smoke and lose weight are a few of the tips we hear all the time. However, there are 7 distinct factors that will determine the health of your heart over the long term. And even small changes you make today can have a huge impact on that big red muscle in the years to come. Join WHA to learn about the American Heart Association's Life's Simple 7 and how to incorporate heart healthy habits into your everyday life.

Building Resilience for Well-Being & Stress Management | Stress is a fact of life. From a confrontation with a co-worker to a failed relationship—stress happens! The good news is: You determine how you will let stress effect your life. Resilience is our ability to accept and positively move forward in the face of negative circumstances without allowing the strain to wreak too much havoc on our bodies, minds and souls. Learn how to build resilience in your everyday life by identifying and building upon your own unique strengths to better manage stressful situations.

Changing Eating Behavior For Good | No matter how well we think we eat, there is always room for improvement. We have the most success when we take baby steps. This presentation offers tips to recognize where improvements can be made and how to set realistic goals to ensure success.

Eating Mindfully | Discover how mindless and chaotic eating patterns work against our best health efforts. Learn mindfulness techniques on how to enjoy a balanced relationship with food by paying closer attention to your senses, your surroundings and your thoughts when eating.

Lifestyle and Weight Management | Many times weight management is directly linked to life management. Competing priorities and a busy lifestyle can work against the best of intentions when it comes to health and wellness. This presentation provides insight on how to find balance in all areas of health in order to promote and maintain a healthy weight.

Nutrition Labels 101 | What do you look at on a nutrition label; calories, fat or sugar? Do you know what daily value (DV) means? Do you know when you're purchasing a true whole grain product? Nutrition Labels 101 is a straightforward discussion that will help you use nutrition labels to your advantage.

Resistance Training for Well-Being | Strength training is not just for body builders. It's important for everyone in order to keep muscles, bones and connective tissue strong. It also keeps our metabolism running high while decreasing our risk of having disabling falls as we grow older. Learn simple exercises that can be done anywhere, anytime.

Super Power, Super Foods | Not all foods are created equal. Certain foods such as blueberries and kale provide powerful nutrition that help fight disease. Beans contain fiber, protein and antioxidants, a combination not found in most other foods. During this presentation, you will learn the top foods to consume on a regular basis to ensure the best health benefits.

Women's Wellness | Like many women, you probably put your family, career and home first. But by putting your health first, you can be there for life's milestones: a child's college graduation or wedding day, your retirement, your grandchildren. What about that dream vacation? Whatever it happens to be, use it to motivate yourself to put your health first. In this educational seminar learn what screenings are important for women, and how often to have them, as well as how to more effectively manage stress, weight, and how to combat risk factors for diseases such as osteoporosis and heart disease.

BOOK A SEMINAR: WHA's Health and Wellness Manager Alicia Lowe | 916.563.2213 | a.lowe@westernhealth.com

*In effort to bring the best quality speakers and presentations to your location, WHA asks for a 6-week lead time for scheduling and a guaranteed participation of at least 10 attendees per presentation; scheduling is subject to presenter availability. WHA reserves the right to cancel a presentation if guaranteed attendance minimums are not met.