

HEALTH PROMOTION EDUCATION

— Keeping Your Community Healthy —

Diabetes

This class will address ways to balance carbohydrate intake to help participants manage diabetes and prevent associated risk factors. We'll also review label reading, benefits of physical activity, and common struggles such as holidays and traveling (one 90 minute class).

Healthy Living Longer + Stronger

This class will review nutrition and wellness for the aging adult. It will review the importance of managing your health with regular medical visits, attention to personal safety, physical activity, proper hydration and nutrition. Talking points will include the changes in nutritional needs as we age, shopping tips, label reading and healthy choices when eating out or when challenged with limited food preparation abilities (one 60 minute class).

High Cholesterol

In this class, participants will learn what cholesterol numbers mean, lifestyle changes that can be made in order to help manage cholesterol, and tips on how to reduce unhealthy fats. In addition, we'll cover label reading and grocery shopping tips (one 60 minute class).

Supermarket Tours

The first step in building a healthy eating plan is learning what to buy. During this class participants will be shown how to navigate the supermarket aisles and choose the healthiest options. We will also review food labels, ingredients, meal planning ideas and more (one 60 minute class).

High Blood Pressure

This class will cover ways to help lower blood pressure. We will review strategies to decrease sodium intake, increase physical activity, incorporate balance into meal planning and much more (one 60 minute class).

Stress Management

Learn what stress is, its symptoms, and causes. We'll also review tips and strategies for managing stress and relaxation techniques (one 60 minute class).





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we provide]

Congestive Heart Failure (CHF)

In this class, we will discuss what heart failure means and how patients can take action to manage their CHF. Topics also include ways to help reduce sodium intake, while still adding flavor to foods (without the extra salt), label reading, and tips to eating healthy while dining out (one 60 minute class).

Pre-Diabetes

For patients that have pre-diabetes, it's not too late to take action and reduce the risk of Type 2 Diabetes. Topics include, understanding risk factors, blood work associated with prediabetes, healthy eating, portion control, weight management, and physical activity (one 60 minute class).

Smoking Cessation

In this class, participants learn how to quit smoking for good by developing a personal quit plan, managing cravings and triggers, and finding other outlets for stress management (two 60 minute classes).

Healthy Choices

For Your Family

Attend these two classes to help you and your family make healthier nutrition and wellness choices (two 60 minute classes).

CLASS 1: Nutrition Basics and Healthy Meal Planning: This class will review the current Nutrition Guidelines, meal planning, snacking suggestions, and appropriate portion sizes. It emphasizes the positive perspectives needed to promote change, while practicing accountability, mindful eating behaviors and tips on tackling the "Picky Eater."

CLASS 2: Applying your Nutrition Knowledge: Participants learn how to read labels, healthy grocery shopping tips, food preparation, healthier choices when eating out and on the go, the importance of activity for optimum health and proper hydration.

Healthy Lifestyles

(Adult Weight Management)

Attend these four classes and create a healthier lifestyle (four 60 minute classes).

CLASS 1: A Positive Perspective for Making Healthy Changes: Covers motivations for change, health benefits of change, establishing attainable goals, and barriers to success.

CLASS 2: Knowing Your Numbers to Promote Healthy Outcomes: Includes learning more about Body Mass Index (BMI), determining Basal Metabolic Rate (BMR), and the importance of activity.

CLASS 3: Nutrition Basics and Healthy Meal Planning: Reviews Macro/Micro nutrients, meal planning ideas, healthy snacking, and portion sizes.

CLASS 4: Apply Your Nutrition Knowledge: Addresses how to read food labels, healthy grocery shopping tips, food preparation, and healthier choices when dining out.