



SEMINAR

DESCRIPTIONS

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Exercise

Motivation to Move: This seminar helps participants understand how they can create a little motivation to move more. The importance of sleep and stress management is discussed, as well as how to get started in exercise.

Creating a Functional Exercise and Diet Plan: People often wonder if they are exercising and eating 'right'. This session explains what a good starting point is in both the areas of exercise and nutrition and how to begin implementing change.

Fitting in Exercise: This is a time management seminar to help participants identify how they can get in some form of exercise on most days of the week. Participants learn how the benefits of exercise may be enjoyed after just 15 minutes and how consistency is key!

Physiology of Exercise: This seminar details what happens in both the body and mind during exercise. Topics covered include how exercise impacts heart health, how it reduces risk factors for developing chronic disease, and why exercise is imperative for all people who want to live well into their golden years.

Benefits of Exercise and How to Get Started: This session describes all of the benefits associated with consistent exercise including physical, emotional, and cognitive benefits.

How to Kick Start Your Exercise Plan: This seminar discusses how to move from being mostly sedentary to becoming a person who moves more. It explains how to develop a program that works for those individuals who have no time, don't like gyms, or have a hard time getting or staying motivated.

Understanding Heart Rate and Why it Matters: During this session participants, are educated on the basic physiology of the heart, how to find maximum, target, and resting heart rates, and why that matters to overall health.

Fitness at Work and at Home: Participants will learn how to put together an exercise program that needs little to no equipment and may be done from the comfort of home or work.

The Power Walk and How to Add it to Your Lifestyle: During this session, participants will better understand the benefits of walking and how a walk can be powered up to have substantial physical and mental benefits.



Exercise (continued)

The Many Types of Exercise: There are several different types of exercise and each has its own benefits. Participants are educated on cardiovascular, strength-training, flexibility, resistance, and balance exercise, as well as specific types including Yoga, Tabata, Barre, Circuit, and more.

Importance of a Core Workout: This seminar helps participants understand why including the core in every workout is beneficial and provides them with some specific exercises to include in their overall exercise program.



Stress Management

General Overview: This seminar discusses the physiology of stress and how it can be both beneficial and detrimental to the body and mind. Participants will understand the different types of stress, as well as common triggers that influence stressful reactions. Participants will also learn some general stress management techniques.

Stress-less Eating: This session specifically looks at how stress can impact not only the foods we choose to eat but also how and when we eat. Stress causes the body to release hormones and neurotransmitters in a way that is not 'normal', and therefore the body expresses hunger as a way to store food in the event of perceived danger. The body will also crave foods that tend to be unhealthy to provide quick energy to assist with the fight or flight action.

Financial Stress: This seminar helps identify ways in which a person feels financial stress as well as ways to manage the reactions. Participants will realize that having stressful reactions to financial issues will not make money grow on trees. This seminar further teaches participants how to implement strategies that reduce the instances of feeling financially stressed.

Using Exercise to Reduce Stress: This presentation focuses on the physiology of stress and how it impacts the body and mind, while also exploring the research behind exercise and its stress reduction benefits. It discusses how exercise may help maintain and even lower blood pressure, increase blood flow to the brain and muscles, and decrease the negative impacts of stress overall.

Stress and Heart Health: Heart disease is one of the major killers of American men and women, and many cases are completely preventable through lifestyle changes such as healthier eating, increased physical activity, stress management, and smoking cessation. Stress causes the body to increase blood pressure which is significantly related to heart disease. This session explains how these two topics are related and what participants can do to minimize their risk.



SEMINAR DESCRIPTIONS

Stress Management (continued)

Top 10 Stress Management Techniques: There are many different ways a person can manage his or her stress. Because stress is an individually experienced episode, everyone has a variety of actions they can do to feel less stressed. This seminar outlines the top 10 ways that help people feel less stressed including physical, psychological, and social reduction techniques.

Stress and Breath at Work: This session discusses the common aspects of stress that most people experience during the workday. It provides practical solutions to change both the circumstances (if possible) and the perception of the stressful situation. Participants will learn three 3-minute stress reduction strategies that help will them manage stress while at work.

A Relaxation Practical: This 60-minute presentation teaches participants at least 5 stress management techniques that may be used to help minimize stress. It describes some common stressors and helps participants choose which stress management techniques work best under which circumstances.

Living Simply: This seminar examines how individuals create their own stress by being overstimulated while also having unrealistic expectations of themselves and others. It helps participants see the value in reconnecting with the simple life and how it can help manage the chaos of their lives.

Reducing Stress by Changing Health Behaviors: During this seminar, participants will understand how they create their own stress. Specifically, they learn which foods may increase stress, as well as which activities and thought patterns intensify stress. Participants will discover ways to change these behaviors and habits in an effort to reduce their stress.

Relax, Rejuvenate, and Respond: The 3 R's are imperative in stress reduction. Learning how to relax is a skill that many people in today's society do not have. After feeling stressed, it is important to care for the body and rejuvenate the mind and soul in order to get back to a place of full functioning. Learning how to respond to stressful situations may most importantly reduce the likelihood of experiencing stress to begin with. These tactics have proven to be successful in reducing overall stress in individual lives.

Holiday Stress: The holidays tend to be a time when people have added amounts of stress due to schedule changes, visitors, added responsibilities, and emotional experiences. In addition, we are made to believe that this should be the happiest time of the year. It is no secret, however, that more people experience depression during the holiday months than at any other point during the year. This seminar explains how to prepare for the holidays so that stress does not ruin the holiday spirit.

Workplace Stress: The workplace can be stressful for many reasons including too much work and not enough time, lack of resources, poor workplace relationships, and a lack of boundaries. It is important to learn how to respond to these stressors because people spend over a third of their time at work. This session provides specific strategies for participants to help them minimize stress experienced during the work day.



SEMINAR DESCRIPTIONS

Stress Management (continued)

Preventing Burnout: Most people have experienced burnout at one time or another in their lives. This happens when an individual feels completely overwhelmed with responsibilities, is exhausted, and is unable to function normally. This seminar focuses on methods to manage stress BEFORE experiencing feelings of burnout as well as how to recognize the first indications of burnout.

Time Management: Time, or lack thereof, tends to be one of the greatest stressors that MOST people experience. People tend to pack more into their daily schedules than is actually possible. It's common to not understand how long certain activities take and in addition, people don't use time strategically. This session presents concrete strategies for using time more effectively and for alleviating some of the stress experienced due to lack of time.

Vacation Stress: Vacation is supposed to be a time for relaxation and rest, but often it turns into just another week of stress. This seminar discusses manners in which to really use vacation the way it was meant to be. Participants will understand various ways to feel at ease with going on vacation, taking time off, and not checking in at work.

Making Time for You: Predominantly, people spend their time on other persons and things rather than themselves. They work 40+ hours per week, take care of children or ailing parents, do errands, complete chores, and do household projects. If there is 30 minutes in a week, we sit down to relax. This seminar teaches participants various approaches to being creative with their responsibilities so that they have at least 60 minutes to themselves every day.

Work and Family Balance: Balancing work and family is an art that many people are continually trying to perfect each and every day. Picture an image of the person at the circus balancing ten plates, and when one plate wobbles, they all fall down. This session helps participants use their resources to their advantage so that they feel less stressed and more able to balance the time they have for work and family.

Physical and Emotional Impacts of Stress: This seminar examines all the ways in which stress negatively impacts people's lives. It looks specifically at what happens to the physical body when someone is feeling stressed as well as how emotions are impacted.

Taking Care of YOU: This session is all about YOU, the participant. It talks about everything that is involved in self-love and how best to take care of oneself in an effort to be fully well.





Nutrition

Understanding General Nutrition: This course is a basic overview of aspects of nutrition. It covers understanding fats, carbohydrates, and protein, and discusses the importance of resting metabolic rate and daily caloric needs. Participants will grasp how nutrition choices impact not only their weight, but also their risk for chronic illnesses and overall well-being.

Fad Diets and Losing Weight Effectively: Lose weight fast! Lose 15 pounds this week! These are just two of the millions of messages people receive every day on magazine covers, television ads, and in a variety of other places. During this session, participants learn how to recognize a fad diet. They also learn research-based ways for losing weight effectively and in a healthy manner.

Portion Distortion: Americans, along with many other industrialized populations, simply eat too much. Portions are much larger than they were 20 years ago and people just don't have a concept of how much food they actually need. This seminar helps identify proper portions and teaches participants practical strategies for estimating food amounts in order to prevent overeating.

Reading Food Labels: Food labels are the foremost way to understand what people put in their bodies. Thankfully, over the past two decades, the government has created laws that every food item must have a food label which must be printed in the same general format. This seminar dissects each part of the food label to help participants identify the important parts of the label. They will also gain a better understanding of their favorite foods and what they comprise.

Being a Fat Detective: This session helps participants understand the benefits of fat and its purpose in maintaining health. In addition, they will better understand the different types of fat and how they can be used in a healthful diet. The low-fat and high-fat diets and their benefits and drawbacks to health are described as well.

Constructive Ways to Reduce Fat and Calorie Intake: During this seminar, participants learn sensible ways to lower the amount they eat. Curing the 'munchies' with healthier options will be explained as well as knowing how much is too much. Furthermore, mindless eating and learning which foods give the most bang for a buck are discussed.



SEMINAR DESCRIPTIONS

Nutrition (continued)

Eating Out Healthy: Most Americans eat at least 3-4 times per week outside of their homes. Food in restaurants is often cooked less healthy with more fat, salt, and sugar than food prepared at home. In addition, the portion sizes are typically much larger than 1 serving. This seminar presents real examples of healthier options.

Vitamins, Minerals, and Supplements: Knowing which vitamins are needed and which ones are not can be an overwhelming task. This session examines each vitamin and mineral to get an understanding of the ‘power foods’. It also discusses which supplements may be beneficial and which ones may be riskier than the labels imply.

Festive Nutrition: This seminar focuses on how to maintain healthy habits during the holiday season. The average American increases their calorie intake by at least 25% each day during the holiday season which can pack on the pounds for some individuals. Participants will receive healthy recipes and ingredient substitutes that will manage the calorie intake during these times of the year.

Shopping Smart: This session takes participants on a tour of a generic grocery store. They will visit each area of the store and learn about the healthy vs. unhealthy choices. Participants will also grasp what choices seem healthy but upon inspection are probably not.

A Waxy Substance Called Cholesterol: This seminar explains what “good” and “bad” cholesterol are and how they can be managed to healthy levels. Participants learn which foods may increase ‘bad’ cholesterol and are given constructive methods for lowering ‘bad’ cholesterol and raising ‘good’ cholesterol.

Tackling the Big 7: This session explains the most misunderstood nutritional components including Cholesterol (HDL, LDL, and total), Fats (Unsaturated, Saturated, Triglycerides), Sugar, Salt, Fiber, Protein, and Carbohydrates. Each of these ‘nutrients’ are beneficial in some ways but may be harmful without accurate information and knowledge. Foods which may have unhealthy amounts of these ‘nutrients’ and foods which may be better choices are discussed.

Food Choices, Chronic Disease, and Illness Prevention: This seminar details how different foods can impact health in relation to chronic conditions including heart disease, diabetes, and other illnesses. While much of this research is continually changing, there are some food choices individuals can make that may reduce the risk of certain conditions.

Redefining Your Relationship with Food: This session focuses on the emotional relationship people have with food. It describes how humans are biologically predisposed to ensure their own survival through avoiding danger and ensuring access to food. In today’s society, many individuals are eating for reasons other than hunger and often eat more than physiologically needed. This discussion helps identify emotional relationships to food and how they can be managed to prevent overeating, mindless eating, and the consumption of foods that may increase risk of weight gain or illness.



SEMINAR DESCRIPTIONS

Nutrition (continued)

Eating to Live: This seminar discusses all the ways that nutrition can help prevent disease and help participants feel better. It shares which aspects of nutrition have a particular role in feeling good every day.

Healthy Eating as a Habit: Habitual eating choices are usually the most difficult to break. Food choices are often made due to time, marketing, availability, or some emotional need, rather than eating the foods that the body physically needs. Participants will be provided with useful strategies for making healthy eating a habit.

Importance of Hydration: This session is dedicated to what happens when people are dehydrated and details all of the symptoms associated with not drinking enough water.

Smart Snacking: This seminar defines a SMART snack and provides some examples. Participants will know what makes a good SMART snack for pre- and post- workouts, for after lunch at the office, and for those nighttime cravings.

You are What You Eat: This session explores how eating certain foods can make people feel run down and tired or make them feel energized. It describes the best times to eat certain types of foods and why over-eating other types of foods should be avoided.

Food Prep and Making it Work for You: During this seminar, participants learn constructive strategies for preparing meals in less than 1 hour per week. Recommendations will be given for certain meal prep ideas, as well as what equipment to purchase to assist in meal prep.

Recognizing Sugar Addiction and Weaning Yourself Off: This session explores the addictive nature of sugar, the current recommendations for intake reduction, and how to lower the amount of sugar that a person ingests overall. It also shares some foods that contain hidden sugars and what to ideally avoid eating in an effort to eat less sugar.

Taking a Closer Look at Macro-Nutrients: This seminar focuses on Fats, Proteins, and Carbohydrates and helps participants understand that each of these have an important role in the body. It also recommends the types and amounts of each macro-nutrient to include in a healthy eating plan.

Eating for Fat Loss: During this session, participants learn the differences between the three types of fats and how to eat so that they reduce overall body fat (not just from fats!) in an effort to lose weight.

What to Watch for on a Food Label: This seminar helps participants identify which parts of a food label are the most important to consider when making food choices. It also discusses which label components should be reduced and which ones make a food more nutrient dense.





Other Health Topics

Chronic Disease Prevention

Reducing Your Risk of Heart Disease: This seminar discusses all the different ways to reduce the risk of heart disease including healthy eating platforms, exercise, stress reduction, and smoking cessation. Participants will be advised to learn more about each topic in depth, if they are currently at risk. While some risks are not preventable, others are, and those preventable risks are the focus of this presentation.

Delaying a Dose of Diabetes (May be 1 general session or series of 5 sessions): Diabetes affects millions of Americans and is one of the four leading causes of preventable death in this country. 95% of people with diabetes have Type II which is caused by lifestyle risk factors such as obesity and sedentary living. This session or series of sessions will be geared towards employees who are either Pre-Diabetic or who do not have either Pre-Diabetes or Type II Diabetes.

Reducing Chronic Illness Risk Factors: Chronic illnesses like Heart Disease, Diabetes, and Asthma are often caused by preventable lifestyles factors such as smoking, poor nutrition, and sedentary living. Participants will understand which lifestyle factors lead to which diseases and will be provided with constructive methods for changing their habits.

Making Time for Exercise: The number one reason that most people do not exercise is the perceived lack of time. Participants will learn ways to manage their time better. They will know how to rearrange their days and thinking patterns in order to have both the time and motivation to create and follow through on an exercise plan.

Starting an Exercise Plan: Now that there is time to exercise, what does a person do? How does someone know which exercises are beneficial and which ones should be avoided? This seminar discusses how to get started, where to find the motivation, and who to speak to for advice.

Developing Optimism and a Knack for Positive Thinking: Unfortunately, the world is often overwhelmingly filled with bad news. In addition, most people lack effective coping mechanisms. This seminar helps participants develop optimistic and positive thinking. They will learn how to change their perspective on their lives and the surrounding environments.

Total Prevention: Getting a better understanding of which health behaviors lead to increased risk of chronic illness is the focus of this presentation topic. In an effort to prevent negative health consequences, the importance of eating a nutrient dense diet, increasing physical activity, getting quality sleep, and managing stress will all be discussed.



SEMINAR DESCRIPTIONS

Other Health Topics (continued)

Wellness Wisdom: Wellness is made up of 7 areas of healthy living. This seminar will explain physical, emotional, occupational, spiritual, social, intellectual, and environmental wellness. It helps participants identify ways in which to create a more well life.

Getting to the Heart of the Matter: This session helps participants better understand the heart and the cardiovascular system. It details healthy nutrition and physical activity that may help maintain a healthy heart.

Create Health Goals Before it's Too Late!: Once people know what a healthier lifestyle looks like, they need to learn how to implement the suggestions practically in their lives. This seminar helps participants create SMART goals with action steps that increase the likelihood of being successful in making healthy changes.

Sleep Health: The importance of sleep should be a priority as proper sleep hygiene can impact one's ability to manage stress and time, defeat weight gain, and reduce the risk of some illnesses. Most Americans get less than the recommended 7-8 hours per night and suffer the consequences each day. This session helps participants understand the importance of sleep and how they may be able to fit in the recommended amount.

Asthma Awareness: During this seminar, participants learn about the triggers that increase the risk of an asthma attack. It also helps identify various ways to reduce inflammation in the lungs. It will educate participants on exercise-induced asthma as well as the differences between acute and chronic asthma. Lastly, the manners in which allergies are connected to asthma flare-ups are explained.

Active Aging (4 sessions): This group of sessions covers the four topics of physical wellness in the golden years, ensuring self-worth after retirement, managing illness and disease, and defeating ageism. These sessions can be offered separately or together as a package.

Total Body Wellness: This seminar describes how the whole body can be included in a wellness plan. Wellness is made up of 7 dimensions, and the entire body is involved in living at full potential. Each dimension will get a closer look and participants will be taught how to gradually create a lifestyle of total wellness.

Self-Care for the Caretaker: This session may be offered to people working in the healthcare field or to those caring for an ill person. It is about taking care of oneself and its importance in becoming the best caretaker possible. Research suggests that the finest caretakers in the world are those who take time for themselves, set up boundaries of care, and know how to say NO to certain requests.

Taking Care of Thy Self: This program talks about the importance of self-care. We will talk about ways to take care of our personal health so we can be a better parent, employee, partner, and friend. We will touch on topics related to nutrition, sleep, stress management, exercise and more!



Other Health Topics (continued)

Understand Inflammation and Its' Role in the Body: The webinar looks at inflammation and the causes of it within the human body. We will talk about not only foods that cause/reduce inflammation but what diseases are directly related to inflammation. We will also talk about natural ways to reduce inflammation.

Dealing with COVID-19: This program is meant to help participants better understand COVID-19 and the implications of it. We will talk about best practices for reducing risk, managing virtual school and parenting, and balancing time during the pandemic.

Prevention of Neck and Back Pain: Most American's will suffer from some form of back or neck pain in their lives. With proper posture and use of other strategies most people can either get rid of it completely, or learn to manage it without aid from medications.



Smoking Cessation

(May be offered as 1 general session or 6 session Kick BUTT which comes with a 15 page journal)

General Overview of Smoking Cessation: This session is a general overview of why people smoke, some of the research-based ways that people can successfully quit, and how to replace the smoking habit with alternative, healthier practices.

Physiology of Smoking and Smoking Cessation: This seminar describes what happens in the body from the time a person lights a cigarette, takes a drag, and exhales, and how nicotine makes changes in the brain. It will also discuss why people smoke even though everyone is fully aware of the damage it causes to health.

Understanding the Addiction and Habit of Smoking: During this session, participants will understand how smoking is both a lifestyle habit and a physical addiction and the difference between the two. It explores how a person will need to quit both aspects of smoking in order to become a successful ex-smoker.

Nicotine Replacement Therapy and Non-Nicotine Medications and Therapies: Nicotine Replacement Therapy (NRT) is commonly used to help people quit smoking. All the ways that NRT and cigarette replacement may be used to help quit smoking are discussed including the patch, inhaler, Chantix, electronic cigarette, hypnosis, and acupuncture. Unfortunately, all of these tactics are only successful if a person is able to replace the habit of smoking; this is a major focus of the seminar as well.



Smoking Cessation (continued)

Becoming an Ex-Smoker: This session explores who a participant will be as an ex-smoker. For most people who smoke, the act of smoking becomes part of their identities and without it, they may feel lost. What will an individual do when he or she is on the phone, driving, having a drink at a bar, or spending time with a friend who smokes? This presentation helps people understand the barriers to quitting and how to get past them to become an ex-smoker.

Managing the Lifestyle Change: This seminar specifically focuses on the changes that will need to occur in order to maintain life as an ex-smoker. It discusses the reality that the change may be a 5 year process. It details how to reduce the risk of weight gain and how to continually practice being an ex-smoker. Lastly, some lifestyle changes are provided that may better one's overall health and wellness.



Relationships

Positive Communication: Communication is the basis of all relationships and can either be the bridge between two people or their downfall. This seminar discusses the communication constructs that are required in order to maintain a healthful relationship.

Active Listening: Active listening is the process of hearing someone and being able to summarize what the person said. It includes listening with your ears in addition to your body. Moreover, it means really understanding and processing what another person has said. This session teaches participants how to maintain attention even with all the distractions that infiltrate conversations.

Finding a Path to Optimism: It is sometimes hard to feel positive when an individual is bombarded with negative news stories about the economy, health, politics, and so forth. However, being optimistic may alleviate stressful thinking and even some health conditions. This seminar examines how the brain thinks optimistically and how participants may increase their access to positive thoughts.

Positive Thinking: Like optimism, positive thinking may sometimes be difficult. This session identifies practical approaches that can influence our thinking. It also takes a closer look at how attitude, personality, and disposition all impact a person's access to positive thinking.

What Not to Say at Work: Everyone has put their foot in their mouth at one point or another, and usually a simple apology is sufficient. However, it is important to maintain certain professional qualities in order to prevent saying something that will cause more severe implications.



SEMINAR DESCRIPTIONS

Relationships (continued)

Managing Workplace Relationships: Many people spend over a third of their lives with co-workers, and therefore, having positive relationships with them can mean the difference between an enjoyable day and a miserable one. It is important to learn ways to minimize negative outcomes with co-workers and maximize the ability to work well together. Participants will learn strategies that help them build successful relationships with their co-workers, thereby influencing their level of happiness while at work.

Dealing with Difficult People: Coming into contact with a person who makes life feel miserable has happened to everyone. They are the ones who, having no ability to see outside of themselves, make life difficult for everyone around them. This seminar will teach participants some concrete strategies for dealing with difficult people in a manner that is both constructive and helpful.

Managing the Sandwich Generation: Someone who lives in the sandwich generation is the primary caretaker for both the older generation (parents, aunts, uncles, or even grandparents) and the younger generation (the children who are still dependent in some way). It can be exhausting trying to meet everyone's needs and finding time for oneself. This seminar will teach participants how to balance this role so that life does not become so stressful that it leads to burnout.

Developing Leadership Skills: This session is meant for employees who are either new managers or who have the desire to become a manager. It explains basic leadership skills and discusses how to develop them as it relates to the workforce.

Mind Space: This 6-week series covers a variety of mental health topics. The idea behind this program is to help employees better understand mental health, reduce the stigma associated with it, and help them be more cognizant of their own mental health and that of their co-workers. These sessions can be offered as single sessions or as a Signature Series:

- Making Sense of Mental Health
- Understanding Depression and Anxiety and Treatments Options
- Stress and Resiliency
- Developing Empathy
- Work Life Balance and Time Management: Prevention of Burn Out
- Building Positive Relationships and Busting Toxic Ones

Dealing with Change: This presentation examines how change impacts a person and how everyone responds a little differently. It explores the psychology of how a person is affected by change and how to make the most out of change whether or not the change is desired.

Relationship Building: This seminar helps participants understand basic human emotional needs and how to create positive relationships with co-workers and other people in their lives. It discusses topics such as communication, emotional expression, and active listening.



Making Time for YOU: This session is all about managing time effectively. It helps participants identify time wasters and create daily, weekly, and monthly goals. Goals help people become more organized and time efficient so that they have time to do the things they want to do rather than just those things they have to do.

Effective Conflict Resolution: During this seminar, participants will better understand conflict and how to resolve it in the most effective ways. Emotional awareness, perspective taking, and empathy are all primary discussion points.

Developing Empathy: This session examines empathy and why it is very important in general. It also provides constructive approaches to developing empathy and using it in day-to-day interactions with others.



Parenting

Internet Safety: This session is offered to parents of children between the ages of 6 and 18 who want to ensure their children's safety while online. It will identify programs and products parents may buy that not only monitor children's use but also limit their ability to access certain sites. In addition, it provides the conversations that parents can have with children about being safe online and why that is important.

Positive Toddler Discipline: Parenting children between the ages of 18 months and 4 years can be very difficult for many parents. It is a time of increasing independence for the child and increasing frustration for the parent. This seminar discusses how to deal with some common problems including eating issues, hitting, yelling, and toileting. It will provide practical strategies that parents can implement to alleviate much of the stress involved in raising a toddler.

Having Your First Baby: This is a presentation about becoming a parent for the first time. It informs how a parent's life changes from the first day and how to prepare oneself for the big event. It will also examine differences between genders as they prepare to welcome a child into the home. Reliable resources, essentials, and information on infant development are shared as well.

Feeding a Picky Toddler: This topic is commonly discussed amongst parents. Most toddlers go through a stage where suddenly their eating habits are completely different than before. Several strategies will be presented that parents may use to help them get through this stage while still maintaining sanity and a nutritional base for their child.



SEMINAR DESCRIPTIONS

Parenting (continued)

Getting Your Children Active: Today's society is full of ways to keep kids inactive and sedated while engaging with media. While there are times when this can be beneficial, it is important to balance that with physical activity. Introducing children to activity and exercise at a young age may lead them to a lifetime of healthy choices.

Single Parenting: Single parenting is probably the most difficult job a person can do. While having the ultimate control over the decisions made on a child's behalf, a single parent does not have another person who can share the emotional and physical workload of parenting. This seminar will discuss ways to enhance a single parent's support system, minimize guilt, and find time for self-care.

Healthy Pregnancy (6 sessions): This series about healthy pregnancy consists of six sessions including The Three Trimesters, Eating Healthy While Pregnant, Exercising During Pregnancy, Labor and Delivery, Pregnancy Self-Care, and Preparing Your Heart and Home for a New Child. Each session can be offered independently or as part of the entire series.

Promoting Positive Self-Esteem: Self-esteem has been regarded as the most important resource a child can have to defeat bullying, negative messaging, and self-defeat. Parents can help influence how a child feels about themselves in a variety of ways. During this session, parents will learn some valuable strategies to help increase a child's feelings of self-worth and esteem.

Managing the Gimmies and I Wants: Today's society is a constant barrage of advertisements about what people need to have, who they are because of what they own, and materialism. Children learn these concepts at an early age. This seminar will help parents teach their children the value of hard work and money so that they appreciate what they have and understand the difference between wanting and needing something.

Understanding Basic Child Development (1 session for each period of infancy, toddlerhood, school-age, and adolescence): These sessions detail the physical, emotional, and social developments during the chosen age range. Additionally, each session closely examines four of the most highly regarded child development theories and what they state about children in the selected age range.

