

2017 Wellness Presentation Topics

January	Find Your Motivation for Change
February	American Heart Month: Heart Healthy Eating
March	National Nutrition Month: Healthy Eating on a Budget
April	Stress Awareness Month: Tips to Simplify Your Life
May	National Fitness & Sports Month: Keeping Physical Activity Fun & Challenging
June	Not Just Meat: Tips for Healthy Grilling
July	Rethink Your Drink: Healthy Hydration Choices
August	Diet and Exercise Tips to Keep Bones Healthy
September	Relaxation Techniques to Reduce Stress and Sleep Better
October	Metabolic Syndrome: Know Your Numbers
November	American Diabetes Month: Diabetes Prevention and Management
December	Food Safety Tips for Healthy Holidays

Topics are available for wellness presentations, including lunch and learn or staff meetings. Suggested monthly topics are available during any month of the calendar year. Pricing available upon request. Mileage charges may apply.

Quarterly Wellness Challenges

Winter: Biggest Loser Weight Loss Challenge

Spring: Fruit and Veggie Challenge

Summer: Healthy Hydration Challenge

Fall: Cardiovascular Exercise Challenge



To schedule or request additional information:

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