



Most Requested & Most Attended

Health Education Workshops

- Health at the New Millennium

Historical perspective on health and fitness movement in our culture, and where we are today.

- You Food and Culture (Part 1 and 2)

A sociological perspective on how our society "Does Food". Some cultural insights on how this pertains to our national chronic disease problem.

- Stress Management Theories

This session provides an overview of past and current stress models. Some of the top experts and their books are reviewed in this session.

- The Exercise Personality

Our activity patterns are based on our learning styles; thought process and how we were raised.

(This session has been very successful in helping people find their way to physical activity)

- Your New Health Risk Appraisal

Good health is more than exercise and good diet. Your "Health Status" factors many different components of your life. We cover these other areas that help or hurt our wellbeing. Participants find out what a "Health Protectant" is. The answers surprise many.