

BRINGING HEALTH EDUCATION DIRECTLY TO YOU

ST. JOHN'S BRINGS VALUABLE HEALTH EDUCATION PROGRAMS ON-SITE. CALL 820-2325 FOR DETAILS.

- **Advanced Directives – Peace of Mind:** Should a life altering decision be necessary regarding your health, leave your loved one “in the know” about your wishes. We explain the benefits of having a written, documented explanation of what you want should the unexpected occur.
- **Assertiveness Training for Stress Management:** Assertiveness increases the likelihood of having your needs met, and may reduce unnecessary stress.
- **Blood Borne Pathogens Training:** A review of blood borne pathogen exposure control principles and practices. Also provides current information regarding blood borne pathogens and their control.
- **Breast Cancer Awareness:** Facts about breast cancer and self examination techniques.
- **Cardiovascular Disease:** In-depth explanation of atherosclerosis, including signs and symptoms, treatments, and prevention of heart attack and stroke.
- **Fighting Fat After Forty:** Learn about the stress-fat connection to break the cycle.
- **Food & Mood:** Find out how certain foods affect your moods, reduce stress and insomnia, etc. Presented by a St. John's registered dietitian and nutritional counselor.
- **Food Label Lingo:** Learn how to read and interpret food labels to make better choices.



ST. JOHN'S
POWERFUL MEDICINE

- **Healthwise Handbook:** Become a smart medical consumer. This self-care guide can impact every health decision you make! Includes cold and flu home treatment and prevention.
- **Healthy Holiday Eating:** Tips for eating healthy during the holidays.
- **Hypertension:** Basic overview of blood pressure, its effect on us and the importance of maintaining a healthy blood pressure.
- **Lifestyle or Well Coaching:** A powerful tool to help individuals achieve lifestyle changes and find solutions to healthier living. Learn how to create a plan that will make a lasting difference in how you look and feel under the guidance of a wellness coach.
- **Menopause:** Understand the physiological changes of menopause and learn coping strategies.
- **Nutrition:** Discuss realistic approaches to proper nutrition and how portion control will help you make lifestyle changes rather than “dieting.”
- **Osteoporosis Prevention:** How to keep your bones strong at any age.
- **Pre-Diabetes Awareness:** Learn how to prevent or even reverse diabetes in this informative discussion.
- **Season’s Eatings:** Learn why fresh foods, as well as recipes that make fresh foods more enjoyable, are a good thing!
- **Skin Cancer Awareness:** Know the signs. Recognize the 3 types of skin cancer and useful sun safety tips.
- **Stress Management:** Practical strategies to effectively manage your response to stress.
- **Stress Reduction & Eating Mindfully:** Presentation on stress management and food choices to reduce stress.
- **Supplements & Herbs:** Informative and useful information on herbs and supplements to achieve optimal health.
- **What About Weights?** Maximize your exercise program with weight training.
- **Women’s Health:** Covering all the basics and then some.