

# Bringing Health Education Directly to You

Mercy brings valuable health education programs on-site. Call 417-820-2325 for details.

- **Self Care - Healthwise Handbook:** This self-care guide can impact every health decision you make! Includes cold and flu home treatment and prevention.
- **Aging Workforce:** Managing an aging workforce is no easy task, but knowing these helpful health care tips and what to implement in your workforce can make a difference in productivity and absenteeism.
- **Blood Borne Pathogens Training:** A review of blood borne pathogen exposure control principles and practices.
- **Breast Cancer Awareness:** Learn about breast cancer and self examination techniques. Information on area mobile services.
- **Heart Disease:** An in-depth explanation including signs and symptoms, treatments and prevention of heart attack and stroke.
- **Heat Stroke and Skin Cancer:** Know the signs. Recognize the three types of skin cancer and useful sun safety tips.
- **Hypertension:** Learn about blood pressure and how to effectively monitor your numbers for a healthy heart.

[wellnesspartner.org](http://wellnesspartner.org)



*Your life is our life's work.*

[mercy.net](http://mercy.net)

- **Foods and Moods:** Certain foods affect your moods, reduce stress and insomnia, etc. Presented by a Mercy registered dietitian and nutritionist.
- **Food Label Lingo - Nu Val:** Learn how to read and interpret food labels to make better choices.
- **Manage Your Stress Successfully:** Practical strategies to effectively manage your response to stress.
- **Nutrition - You Are What You Eat!** Learn how portion control will help you make lifestyle changes rather than “dieting.” Realistic, achievable approaches to proper nutrition.
- **Pre-Diabetes Awareness:** An informative discussion on preventing or even reversing diabetes.
- **Sugar - The Sweet Poison:** Take the plunge to lessen sugar in your daily diet and learn about the hidden sugars in the foods you purchase.
- **Season’s Eatings:** Learn why fresh foods, as well as recipes with fresh foods, are more enjoyable and better for you. Information on area Farmers’ Markets and local producers of fruits, vegetables and meats.
- **Sitting Disease - Conquer Exercise Excuses:** What is it? How it impacts your health and simple, easy ways to get up and move in minutes at work.
- **Tobacco Cessation:** Our successful program offers your employees proven options to break free from their nicotine addiction.
- **Hearing Conservation:** Learn work-site safety for your employees hearing with this insightful presentation by an Occupational Nurse.
- **On-site Nurse:** A healthier, more productive workforce can be yours with the benefits of having on-site nursing care. For immunizations to on-site first aid treatment, it’s a win-win for employer and employees.

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**Topic of your choice:** Our educators can address your concerns and create a presentation to meet your specific company’s needs.

