

## Workshop Topics

### Heart Disease Risk Factors:

- ♥ Risk Factors for Heart Disease
- ♥ How to Make Your Heart Healthy
- ♥ Women and Heart Disease
- ♥ Heart Disease in African Americans
- ♥ Warning Signs of Heart Disease & Stroke in Men & Women
- ♥ Smoking – Risk versus Reward
- ♥ Understanding Cholesterol
- ♥ Understanding Blood Pressure
- ♥ Understanding Diabetes
- ♥ The Importance of Physical Activity

### Diet and Nutrition:

- ♥ How to Read Food Labels
- ♥ Facts on Fats
- ♥ My Food Guide Pyramid
- ♥ Popular Diets
- ♥ Healthy Eating on the Run
- ♥ Healthy Eating During the Holidays
- ♥ Alcohol – How much is too much?

### Stress Reduction:

- ♥ Stress Management
- ♥ Stress Management in the Workplace
- ♥ Balancing Personal and Professional Life

*Workshops can be customized and created upon request*