

Lectures Offered

- Florida Blue - Lifestyle Improvement Presentations (8 weeks, \$45 a person)
 - Am I Hungry?
 - Color Me Fit
 - Nutritious You from Blue
 - Stress Less and Thrive
- Florida Blue – Popular Presentations
 - Healthy Grocery Shopping on a Budget
 - How to Use a Food Label To Better Your Health
 - Clearing Up Carb Confusion
 - Learning the Basics: Portion Size and Control
 - Mindful Eating for Weight Management
 - What Should I Eat? A Mindful Eating Approach to Food Choices
 - Strength Training Simplified
 - The 8 Colors of Fitness
 - Walk this Way
 - Deskercise
 - Beyond the Stress Ball
 - Stress Management: The Art of Setting Boundaries
 - Master Your Motivation: Seven Strategies for Staying Inspired
 - Boosting Brain Health
 - Heart Healthy Living
 - Diabetes ABC's
 - Healthy Words of Wisdom of Men's Health
 - 10 Healthy Habits for Busy Women
- PNC
 - Bank On It
 - Money Matters
 - Keep It Safe
 - Borrowing Basics
 - Pay Yourself First
 - Check It Out
 - To Your Credit
 - Loan to Own
 - Your Own Home
 - Financial Recovery
 - Financial Fitness
- Tobacco
 - AHEC
 - 2 hour & 6 week workshop
- Jupiter Medical Center (enough notice can get free speakers, otherwise \$200 a lecture)
 - Fall Prevention

- Brain Exercise
- Why leg strength & flexibility is important to help prevent back, knee, and hip pain
- Women's Health Issues – Age appropriate screenings related to what you should get done and at what age
- Breast Health
- Heart Health for men and women
- Digestive Health – GERD/Chronic Heartburn
- Thyroid Disorders
- Skin Cancer Prevention
- Tai Chi
- Low Back Pain Prevention
- Neurological Issues
- Common Orthopedic Injuries & Prevention
- Benefits of Aquatic Therapy
- Stress Reduction & Meditation
- Healthy Eating
- Importance of Proper Sleep
- Healthy Lifestyle to help Prevent Diabetes
- Women and Diabetes
- Taking Care of Diabetes in Tough Economic Times
- Stress Management and Diabetes
- Caring for a Loved One with Diabetes
- ABC's of Diabetes
- Diabetes and Sleep Apnea
- Preventing Complication of Diabetes
- Understanding your test results
- Snoring and sleep apnea, what can you do?
- Desperately seeking snoozing, getting the sleep you need
- Everything you always wanted to know about sleep but were too tired to ask
- Registered Dietician (Lunch n' learns or 4 weeks)
 - Weight Loss Without Dieting
 - Preventing Cancer and other disease with diet
 - Heart-Healthy
 - Menopause Nutrition
 - Anti-inflammatory foods
 - Cholesterol, Diabetes, Metabolic Syndrome Diets
 - Grocery store tour
 - Cooking Classes
- Department of Health
 - National Diabetes Prevention Program (NDPP)
 - Living Healthy with Chronic Disease (6 weeks)
 - Gestational Diabetes Education
- Martin Health Systems
 - Diabetes Education

- Nutritional Counseling
 - Weight-Management Programs
 - Bariatric Surgery Center
 - Tobacco Cessation
- Walgreens
 - Diabetes (with guest speakers)
 - Taking your medication
 - Importance of taking your medication
 - Measles
- BB & T
 - Checking Accounts
 - Budgeting & Savings
 - Preparing for home ownership
 - Protecting yourself again identity theft
 - Credit & borrowing
 - Credit findings
 - Mortgages (first time home buyers)
- Delta Dental
 - Dental Hygiene
 - Oral Cancer
- Florida Community Bank
 - Bank on It
 - Borrowing Basics
 - Check it Out
 - Money Matters
 - Pay Yourself First
 - Keep it Safe
 - To Your Credit
 - Charge It Right
 - Loan To Own
 - Your Own Home