

## *Providing Health & Human Service Education to your Employees in the Workplace*

### **Youth Brown Bag Seminars Now Available!**

- Brown Bag Seminars will inform and educate your employees on subjects of interest in both the workplace and their personal lives.
- These seminars can help improve the lives of your employees, which in turn, can improve morale and productivity at work.
- Brown Bag Seminars can be tailored to fit your company's culture and time frame: choose lunch time, staff meetings, or before or after work hours.

## **Brown Bag Seminar Topics**

*A wide variety of topics to interest your employees:*

### **STRENGTHENING FAMILIES**

#### **Balancing Work & Home... Expectations and Realities**

*Presented by*

This seminar will explore Job & Life Stress (and the reasons why it is on the increase) and offer concrete steps one can take to reduce it.

#### **Managing the Female Stress Syndrome**

*Presented by*

Learn more about the unique stressors facing women today and strategies to maintain balance and to avoid burnout.

#### **Family Relationship: We're All in This Together**

*Presented by*

A discussion of ways family members can communicate more efficiently and support parents with the development of emotionally healthy children. Also, learn how to transition from anger management to positive daily living.

#### **Guardianship & Powers of Attorney for Our Parents**

*Presented by Community Legal Aid Services*

A discussion of the legal alternatives for helping your physically or mentally impaired family members.

#### **Let's Talk About Sex**

*Presented by Planned Parenthood*

This program is for parents to help them talk to their children about sex. It will provide age-appropriate resource kits to help parents understand what questions their child is likely to have and how to answer them.

### **IMPROVING HEALTH & WELLNESS**

#### **Brain Attack. Knowing and Reducing the Risk Factors of Stroke**

*Presented by American Heart Association*

Brain attack, also known as a stroke, is the third leading cause of death and the number one cause of long term, adult disability. This session will teach participants the risk factors for stroke and what to do if you or loved ones experience the symptoms of a stroke.

#### **Grief & Loss Issues**

*Presented by .*

Losing a family member or friend can be a traumatic event in your life. Learn coping mechanisms for a loss of a loved one.

#### **Women and Cardiovascular Disease**

*Presented by American Heart Association*

Cardiovascular disease kills more women annually than any other disease. This session will touch the heart as participants learn what women can do to know and control their risk factors for cardiovascular disease.

#### **Nutrition – Eating for a Healthy Lifestyle**

*Presented by American Heart Association*

What you eat can affect your blood pressure, cholesterol and your overall health. This session will teach participants the basics of eating healthy without falling into the pitfalls of commonly known fad diets.

#### **How to Keep Your Heart Healthy**

*Presented by American Heart Association*

With so many fad exercise and diet programs out there, it's hard to know what really works and what doesn't. In this session, participants will learn about real lifestyle choices they can make to keep their

### **Literacy for Life**

*Presented by*

Learn how parents and kids work together to improve literacy skills as a family. This is a fun, interactive seminar.

### **Advanced Directives.... Are You Prepared**

*Presented by*

This presentation will identify six steps pertinent to preparing for advanced directives.

### **INVESTING IN CHILDREN & YOUTH**

#### **Family Literacy: Helping your child in school**

*Presented by*

This seminar will offer ways to engage your child in reading and reading-related activities.

#### **How to Choose a Summer Camp**

*Presented by YMCA*

Choosing a camp may seem overwhelming. Learn how to select the right program that will help to bridge the gap between childhood and adulthood.

#### **Youth & Teens Are Hardwired to Connect**

*Presented by YMCA*

This seminar will provide intervention strategies to connecting and maintaining wholesome and healthy behaviors with your children.

### **INCREASING SELF SUFFICIENCY**

#### **Credit Happens**

*Presented by*

Learn how to deal with creditors, apply for credit, money & budget management and much, much more.

#### **Housing Options for the Elderly**

*Presented by*

Information on options when your older adult loved one needs assistance or needs to make a move from their home. Topics include staying at home, independent, assisted and shared living, and nursing as well as payment for each option.

#### **Money Matters**

*Presented by*

Learn how understanding financial literacy benefits everyone in the home and the community.

heart healthy.

### **Understanding Medicaese**

*Presented by*

Knowing what your healthcare professional is saying or writing can save your life. Learn tips on increasing your health literacy.

### **Skin Cancer Awareness**

*Presented by American Cancer Society*

Learn the importance of slip, slop, slap, and wrap. Fry now, pay later.

### **Colorectal Cancer Awareness**

*Presented by American Cancer Society*

It's not a topic that you usually discuss at the dinner table, but it's the second leading cause of cancer deaths in America.

### **Lung Cancer Awareness**

*Presented by American Cancer Society*

Tobacco is the leading cause of cancer deaths. There is no safe exposure of smoke. We can tell you everything you didn't already know about tobacco.

### **Breast Cancer Awareness**

*Presented by American Cancer Society*

Learn some important information about breast cancer and find out about some of the free programs that the American Cancer Society has in place for women who are diagnosed with this disease.

### **"Work Doesn't Have to be a Pain in the What's-It!"**

*Presented by*

Overview of office ergonomics... the principle of adapting the workspace to fit the individual.

### **Working Successfully with Arthritis**

*Presented by the Arthritis Foundation,*

Learn about arthritis diagnosis, treatment options, joint protection and energy conservation techniques, and simple healthy lifestyle changes to help manage arthritis. This program will help employees learn to live and work more productively with this condition.

### **BUILDING STRONGER NEIGHBORHOODS & COMMUNITIES**

#### **Bridging Cultures in the Community**

*Presented by*

Understanding needs and problems of foreign-born



