

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 Medicare

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

Caregiving: The Sandwich Generation

Presented by

A brief introduction to caregiving for children of aging parents; how to recognize when intervention may be necessary; getting started as a caregiver; resources for caregivers.

Expungements

Presented by Community Legal Aid Services, Inc.

The process to get a criminal record sealed... and what to do if you are not eligible for an expungement.

Credit Report/Credit Repair

Presented by Community Legal Aid Services, Inc.

How to obtain, review and clean up entries in your credit report. Your rights under the law and how to deal with bill collectors.

CARING FOR PEOPLE IN CRISIS**Renters: Know Your Rights**

Presented by Community Legal Aid Services

A discussion of renters' rights and responsibilities under Ohio law.

Violence In the Workplace

Presented by American Red Cross-

This program is designed to help you recognize the signs of workplace violence and help identify individuals who may be experiencing domestic violence that may impact the workplace. Some signs may include absenteeism, health care costs, and danger in the workplace. Discover how this affects children.

Domestic Violence: Where To Turn

Presented by Community Legal Aid Services

A discussion of the legal options available to a person faced with domestic violence.

Domestic Violence: How To Reduce Your Chances

Presented by

How Not To Be A Victim

Presented by

Internet Safety: Protect Your Children

Presented by

Preparing for the Unexpected

Presented by American Red Cross

and how to recognize cultural differences and communicate effectively. This seminar is for supervisors/managers.

But You Look So Good

Presented by National Multiple Sclerosis Society, Chapter

People with chronic illness often have invisible, however, real symptoms that may affect them in the workplace. Employers and co-workers may doubt the validity of these symptoms because the person "looks so good". This seminar will assist in dealing with people with chronic illnesses.

Disability Sensitivity: What Should I Do?/ What Should I Say?

Presented by

A hands-on seminar on what to do, say and react to employees, co-workers or visitors with various kinds of disabilities.

Improving Your Bottom Line

Presented by

Discover the hidden benefits for hiring someone with a disability. Hidden benefits are beyond creating goodwill in the community.

Straight-forward discussion on what to do and where to start during tragic events. Other topics include disaster plans at home, work and school; protecting employees, customers, yourself and your business; and reducing potential damage.

[Back to HOME](#)

