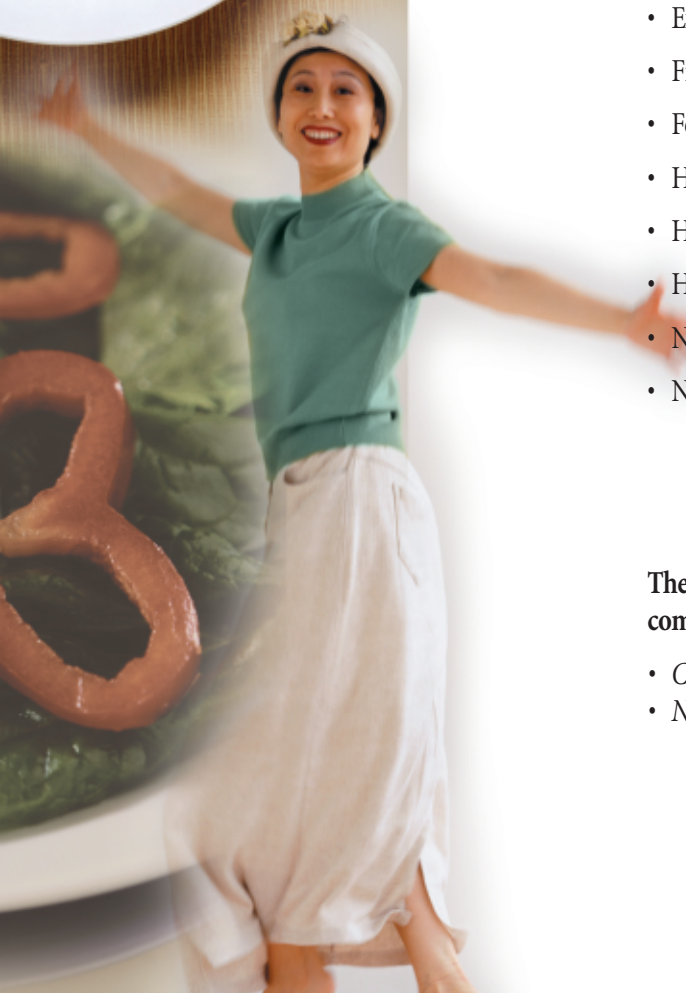




Working for Wellness

HealthFax
INCORPORATED



Educational Programs

HealthFax offers one-time lectures, ongoing series or brown bag lunch seminars presented by our health promotion experts. Choose from a wide variety of “ready to go” programs listed below, or you may choose to have a custom program designed especially for your group.

Our speakers are qualified, personable, and they enjoy sharing information on staying well.

HealthFax offers a wide variety of topics for our Lunch & Learn Presentations. Choose from our “Ready to Go” programs or let us design a custom program for your group.

Available Topics:

- Asthma
- Cholesterol
- Cooking Demonstrations
(please call for details and pricing)
- Diabetes
- Diet Myths
- Exercise
- Fitness
- Food Safety
- Heart Health
- Healthy Holidays
- Hypertension (High Blood Pressure)
- Nutrition for Adults
- Nutrition for Children
- Pandemic Flu
- Preventative Health Guidelines
for Adults
- Smoking Cessation
- Stress Management
- Staying Healthy During Pregnancy
- Staying Healthy During Cold and
Flu Season
- Substance Abuse Prevention
- Sun Safety
- Super Foods
- Weight Management
- Work Station Ergonomics

The above is a sampling of talks that have been given in the medical sector and the community/worksite sector.

- *Class content, depth and length can be modified per request of client.*
- *New topics can be developed per request of client.*