

CATALOG

EDUCATE & INSPIRE YOUR EMPLOYEES

PROFESSIONAL SPEAKERS BUREAU





THE ADVENTHEALTH SPEAKERS BUREAU

Who We Are

AdventHealth's Speakers Bureau provides professional speakers who lead innovative, fast-paced sessions on health and wellness. These sessions have been packaged into yearlong and quarterly series integrating the key aspects of mind, body and spirit health. We offer a wide selection of sessions and speakers ranging from high-engagement informational options including health screenings to more traditional wellness promotion presentations. Regardless of the format you select, the sessions promise to be stimulating and inspirational.

Our Goal

Our goal is to educate, inspire, engage, empower and provide practical strategies for integrating healthy options into daily life. Our highly accomplished speakers are unrivaled within the health world, and many have revolutionized wellness and healing in our nation's largest institutions. AdventHealth speakers include registered dietitians, fitness experts, sleep professionals and behavioral health specialists, as well as an impressive array of top medical professionals who are national and global leaders in their specialty.

Our Promise

When you book a yearlong or quarterly series you can be confident that you will receive presentations incorporating a wide range of health topics and additional services that provide insightful, practical and usable information. Our speakers come backed by AdventHealth, a national and global leader in the health industry. Not only will you receive guidance from a Speakers Bureau representative to help you select the yearlong or quarterly series that best fits your organizational goals and audience, but you can be assured of a quick and easy booking process.

CONSIDER US YOUR PARTNER IN ACHIEVING YOUR ORGANIZATIONAL HEALTH AND WELLNESS GOALS.

Connect With Us

SpeakersBureau@AdventHealth.com



CHOICE — Choice inspires personal fulfillment and well-being. Establishing control over your life through conscious decision-making leads to improved health and longevity.



REST — Rest rejuvenates the mind, body and spirit, empowering you to function at your best. Proper sleep and relaxation can lower blood pressure and reduce stress.



ENVIRONMENT — Environment influences your overall health. Creating pleasant surroundings that energize the senses can lead to inner peace and happiness.



ACTIVITY — Activity strengthens the body, sharpens the mind and invigorates the spirit. Regular physical and mental exercise can greatly improve your quality of life.



TRUST — Trust promotes healing and security in your relationship with God or a higher power, family, friends and coworkers. Nurturing trust in all your relationships creates inner stability and confidence, which leads to wellness.



INTERPERSONAL RELATIONSHIPS — Interpersonal relationships can spark health and healing. Social connection fortifies resolve and nourishes the mind, body and spirit.



OUTLOOK — Outlook creates your reality. A positive attitude can strengthen the health of your mind, body and spiritual life.



NUTRITION — Nutrition is the fuel that drives you. Small changes to your diet can produce profound improvements to your overall health.





CREATION Health is a philosophy created by AdventHealth designed to help individuals achieve maximum health and wellness. This framework seeks to positively influence all aspects of a person's life—mind, body and spirit. When practiced consistently, CREATION Health empowers participants to live a more fulfilling and productive life by embracing eight guiding principles—Choice, Rest, Environment, Activity, Trust, Interpersonal relationships, Outlook and Nutrition.

AdventHealth strives to provide your organization with a solid foundation and strategies to make meaningful and sustainable changes in the areas of your employees' lives that are most meaningful to them. Learn to maximize your energy levels both in the work and home environments to achieve your organization's health and wellness goals.

Wouldn't it be wonderful to be able to dedicate the time and energy to your family, hobbies, and most importantly, YOU? And we're here to help.

Imagine:

- Active play time with your children
- More laughter and memories at the dinner table
- A sense of calmness and personal well-being
- Achieving personal health goals
- Starting or completing a craft or hobby

THIS IS A GREAT TIME TO IMPROVE THE HEALTH AND WELLBEING OF YOUR EMPLOYEES.

Use this catalogue as a guide to incorporate CREATION Health principles into your organization.

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LIVING LIFE TO THE FULLEST

Whole-person Solutions to Living a Happy and Healthy Life

YEARLONG SERIES

This is your year! Join us as we uncover how CREATION Health—an acronym for Choice, Rest, Environment, Activity, Trust, Interpersonal relationships, Outlook and Nutrition—can transform your health and wellness.

SESSION 1 LIVING LIFE TO THE FULLEST

This is your year! Join us as we uncover how CREATION Health—an acronym for Choice, Rest, Environment, Activity, Trust, Interpersonal relationships, Outlook and Nutrition—can transform your health and wellness.

SESSION 2 CHOICE

Lifestyle changes begin with the choice to make health and wellness a priority. Learn how choosing to make positive and incremental changes can reshape your life.

SESSION 3 REST

Living a healthy lifestyle is all about balance. Discover simple ways to prioritize rest and incorporate it into your busy schedule.

SESSION 4 ENVIRONMENT

Learn how to craft an environment that is conducive to your health and wellness goals, whether you are at home or in the office.

SESSION 5 ACTIVITY

It's time to get moving. Make exercise a lifestyle habit by choosing an exercise plan that fits into your life and gets you excited about moving.



OPTIONAL ADDITIONAL SERVICES: We offer group fitness classes including boot camp, Zumba, stretch bands, desk Pilates and Yoga.

SESSION 6

MEN'S HEALTH

Learn the health threats prevalent among men today and strategies for prevention and overall wellness. Discover how to live up to your healthy potential.

SESSION 7

TRUST

Is life throwing you scary new curve balls? Or do you feel like fitness and nutrition goals are insurmountable? Learn the role of healthy trust in your health and wellness journey.

SESSION 8

INTERPERSONAL RELATIONSHIPS

Your lifestyle transformation begins with you, but you will be successful with help from your personal support group. Discover how fostering healthy relationships can keep you accountable for your health and wellness choices.



SESSION 9 OUTLOOK

Your journey has been filled with ups and downs, setbacks and great success. Learn how developing a positive outlook will help you maintain your new healthy lifestyle.

SESSION 10 WOMEN'S HEALTH

Learn the health threats prevalent among women today, and strategies for prevention and overall wellness. Take the steps you need to live life to the fullest.



OPTIONAL ADDITIONAL SERVICES: EKG*, biometric assessment* including fasting lipid with A1c and BMI, therapeutic and wellness services. *Additional charges apply



OPTIONAL ADDITIONAL SERVICES: We offer stress management treatments, including chair, hand, and paraffin massages.

SESSION 11 CHILDREN'S HEALTH

You want the children in your life to be as healthy and happy as possible. Learn the importance of cultivating healthy habits in your children while they are young.



OPTIONAL ADDITIONAL SERVICES: Stock your personal library with helpful books, such as AdventHealth Publishing's SuperSized Kids: How to Rescue Your Child from the Obesity Threat by Walt Larimore, MD and Sherri Flynt, MPH, RD, LD.

SESSION 12 NUTRITION: HAPPY HEALTHY HOLIDAYS

You did it! Your "Living Life to the Fullest" experience may be ending, but your health and wellness journey is just beginning. Learn tips to make it through a happy and healthy holiday season, and join us as we celebrate your success and commitment to living a happy and healthy life.



OPTIONAL ADDITIONAL SERVICES: Enjoy an on-site cooking demonstration that will help ensure happy and healthy meals, no matter the season.

FRESH START

Bouncing Back from Bad Habits to Form a CREATION Health Lifestyle

YEARLONG SERIES

Are you overweight and overstressed? Is the only thing higher than your blood pressure your cholesterol? Has your health hit rock bottom, and you feel like it's too late to do anything about it? Then our Fresh Start series is perfect for you. It's never too late to strive for a longer life expectancy and a higher quality of life. The Fresh Start series focuses on transforming your life with simple lifestyle changes to turn your bad habits into healthy ones. Now is the time to start fresh.



SESSION 1

STARTING FRESH

It's never too late to start again. Discover how the principles of CREATION Health—an acronym for Choice, Rest, Environment, Activity, Trust, Interpersonal relationships, Outlook and Nutrition—can help you start fresh.

SESSION 2

THE THREE MS TO HEALTHY LIVING

Proper nutrition is one of the many healthy behaviors that leads to a longer, fuller life. Improve your health by integrating the three Ms—maximize, moderate, minimize—into your everyday nutrition habits.



OPTIONAL ADDITIONAL SERVICES: Enjoy an on-site cooking demonstration with equal portions of the three Ms.

SESSION 3

HOW TO BE A STAR

Discover how Support, Trust, Accountability and Responsibility shape your journey to a healthy lifestyle. Go ahead and unlock your potential!

SESSION 4

SITTING IS THE NEW SMOKING

After a long day at the office, is your couch your best friend? Learn how to kick those couch-potato cravings and start an exercise plan that works for you.



OPTIONAL ADDITIONAL SERVICES: We offer group fitness classes including boot camp, Zumba, stretch bands, desk Pilates and Yoga.

SESSION 5

POWER TO PREVENT: STRATEGIES FOR PREVENTING AND MANAGING HEART DISEASE

Heart disease is still the No. 1-killer in the United States, causing 2,200 deaths each day (American Heart Association, CDC and the National Institutes of Health). Learn the risk factors for heart disease, those that are under your control, and tips for making lifestyle and nutrition changes that will support a healthy heart.



OPTIONAL ADDITIONAL SERVICES: We offer biometric screenings as an added heart disease prevention and management measure.

SESSION 6

FIVE TIPS FOR BROWN-BAGGING YOUR LUNCH ON THE GO

Remember when mom used to pack your school lunch? Who says the days of packing a lunch are over? Learn tips for packing a healthy brown-bag lunch.

SESSION 7

CULTIVATING COMPASSION

Your emotional health is just as important as your mental health. Join us in discovering how a positive outlook shapes your future success.

SESSION 8

EXERCISE SMART!

Learn the basics of improving your health through activity. Join our exercise expert to enhance the four components of effective exercise: strength training, aerobic training, flexibility and fun activities.



OPTIONAL ADDITIONAL SERVICES: We offer group fitness classes including boot camp, Zumba, stretch bands, desk Pilates and Yoga.

SESSION 9

POWER TO PREVENT: STRATEGIES FOR PREVENTING AND MANAGING DIABETES

More than 29 million U.S. adults have diabetes and 86 million U.S. adults have pre-diabetes and don't know it (CDC). Don't be a statistic—learn the risk factors and consequences of diabetes.



OPTIONAL ADDITIONAL SERVICES: We offer biometric screenings as an added diabetes prevention and management measure.

SESSION 10

HOW OBESITY AFFECTS THE REST OF THE BODY

Think those extra pounds you've put on since college aren't hurting you? Discover how obesity affects the rest of your body, not just the "target zones" you want to improve.

SESSION 11

GETTING THE Zs

Are you one of the millions of Americans not getting enough sleep at night? Do you skimp during the week and play catch-up on the weekends? Learn the truth about sleep deprivation and how getting those Zs is crucial to your healthy lifestyle.

SESSION 12

KEEP LIVING YOUR NEW LIFE

Congratulations! You've mastered the key principles behind your CREATION Health-based lifestyle. Now make a commitment to keep striving to live a happy and healthy new life.



PEAK PERFORMANCE

A Whole-person Approach to Maximizing Your Productivity at Work

YEARLONG SERIES

Are you tired of the midday slump? Is your office always running out of coffee and running into deadlines? The series Peak Performance combines whole-person health and wellness principles to help you and your colleagues maximize productivity at work. This series features health and performance experts, a registered dietitian and several corporate executives. Don't leave work tired and frustrated when you could depart feeling energized and amazed by all you have accomplished.



SESSION 1

EMPOWERING YOUR PEOPLE: THE LEADERSHIP EDITION

In this special seminar just for leaders, learn how to empower employees and co-workers to achieve their highest levels of productivity. The power of productivity starts with you.



OPTIONAL ADDITIONAL SERVICES: Stock your professional library with helpful books, such as AdventHealth Publishing's Leadership in the Crucible of Work by Sandy Shugart, PhD.

SESSION 2

PEAK PERFORMANCE

Learn the eight key lifestyle factors that can make or break your ability to maximize your productivity at work. Discover how the eight principles of CREATION Health—an acronym for Choice, Rest, Environment, Activity, Trust, Interpersonal relationships, Outlook and Nutrition—can create a lifestyle of productivity.

SESSION 3

THE HEALTHY BRAIN, PART 1: FIVE TIPS FOR A YOUNGER BRAIN—THE HEART EDITION

Research has shown us how to have a “younger” heart, and now it is also showing us how to have a “younger” brain. Discover how a healthy heart equals a healthy brain.

SESSION 4

ACTIVITY IN A BOX: THE CUBICLE WORKOUT

Do you go home too exhausted to exercise? Learn how mini-workouts in your cubicle can help you reach your fitness goals and improve your ability to concentrate.



OPTIONAL ADDITIONAL SERVICES: We offer group fitness classes, including desk Pilates and stretch at your desk.

SESSION 5

FIVE HEALTHY WAYS TO MANAGE STRESS

You have a stressful job. There is no way around that. Learn how to channel and manage your stress so it does not inhibit your ability to be successful.



OPTIONAL ADDITIONAL SERVICES: We offer stress management treatments, including chair, hand, and paraffin massages.

SESSION 6

NOT JUST CO-WORKERS

Do you find yourself saying, “They aren’t my friends, just my co-workers?” Discover how positive relationships with your co-workers can lead to greater office-wide productivity.

SESSION 7

HEALTHY EATING ON THE GO

Learn simple tips for making healthier eating decisions while on the go. Remember: You are what you eat.

SESSION 8

WORK PLACE, PRODUCTIVE SPACE

Learn how to make your office space a haven for productive work. Don’t let your workspace slow you down.



OPTIONAL ADDITIONAL SERVICES: Individual ergonomic workstation screenings.



SESSION 9

POSITIVELY POWER YOUR PRODUCTIVITY

Shape your attitude into a mindset for success and be amazed with the results. Learn how a positive outlook unlocks keys to success.

SESSION 10

REST FOR SUCCESS

Uncover how getting more sleep and rest will actually impact your ability to perform productively, more than working late and consuming caffeine.

SESSION 11

THE HEALTHY BRAIN, PART 2: NUTRITION TIPS FOR FUELING YOUR BRAIN

Learn what nutrition choices and healthy habits will keep you at the top of your game when it comes to brain function, along with tips for incorporating these into your everyday life.

SESSION 12

THE BALANCING ACT

Are you ever overwhelmed by how much you have to do in one day? Discover ways to achieve a healthier work-life balance and tips for time management.



MEDICAL MONTHLIES

Improve Your Awareness of America's Most Prevalent Health Problems

YEARLONG SERIES

Perhaps you've just had a health scare, and the first thought in your head is, "It runs in the family." Do you have a family legacy of diabetes? Are you working hard to make sure you don't pass down one more story about a dad with a bad ticker? The Medical Monthlies series follows the national health awareness calendar to highlight America's most prevalent health problems. Get your questions answered from doctors, dietitians, and health and wellness experts on that unwanted family heritage of disease. We focus on preventive health and wellness to help you create a healthier lifestyle. Awareness is step one toward taking a proactive stance on your health and wellness.



JANUARY

HEALTHY WEIGHT AND FAMILY FIT

A shocking one-third of adult Americans are obese. Start your year strong by learning your healthy body weight and developing a plan to get you and your family moving.



OPTIONAL ADDITIONAL SERVICES: We offer biometric screenings as an added disease prevention and health management measure.

FEBRUARY

HEART DISEASE AWARENESS

One in every four deaths in America is due to heart disease — it is also the leading cause of death for both men and women (CDC). Don't be a statistic: Get smart about your heart.



OPTIONAL ADDITIONAL SERVICES: We offer biometric screenings as an added heart disease prevention and management measure.

MARCH

NATIONAL NUTRITION MONTH

Are you too busy to eat healthy? Or maybe all those organic and gluten-free labels make your head spin. Discover healthy and easy ways to feed you and your family.

APRIL

CHILDREN'S HEALTH

In honor of "Take Our Daughters and Sons to Work Day," we focus on your concerns about your child's health. Learn about childhood obesity, how to manage your child's screen time and more from our leading children's health specialists.



OPTIONAL ADDITIONAL SERVICES: Stock your personal library with helpful books, such as AdventHealth Publishing's SuperSized Kids: How to Rescue Your Child from the Obesity Threat by Walt Larimore, MD and Sherri Flynt, MPH, RD, LD.

MAY

SKIN CANCER PREVENTION MONTH

Beach days and summer sun are right around the corner. Learn tips for keeping your skin healthy and happy so you can enjoy many more summer days out in the sun.



OPTIONAL ADDITIONAL SERVICES: We offer skinscope analysis as an added skin health assessment, and skin cancer diagnosis, management and prevention measure.

JUNE

MEN'S HEALTH

This month is all about men's health concerns. We focus on the diseases and problems most prevalent among men today to help you live up to your strong and healthy potential.

JULY

STRESS AWARENESS

Are you always on the run, balancing family, friends and work? Combat stress's unhealthy toll on your body by learning how to manage it.



OPTIONAL ADDITIONAL SERVICES: We offer stress management treatments, including chair, hand, and paraffin massages.

AUGUST

NATIONAL IMMUNIZATION AWARENESS

Are immunizations safe? You've heard from "celebrity" moms and television talk-show hosts—now learn the truth about keeping the children in your life healthy.

SEPTEMBER

HEALTHY AGING

You may get older each year, but that doesn't mean you can't maintain an active and healthy lifestyle. Discover tools to help you age as well as possible in mind, body and spirit.



OCTOBER WOMEN'S HEALTH

From cancer and heart disease to diet and exercise, this month focuses on concerns for women striving to live happy and healthy lives.

NOVEMBER DIABETES AWARENESS MONTH

Because diabetes is a leading cause of heart disease and stroke, this session focuses on strategies for prevention and management. Don't let diabetes disrupt your life.



OPTIONAL ADDITIONAL SERVICES: We offer biometric screenings as an added diabetes prevention and management measure.

DECEMBER HOLIDAY SURVIVAL GUIDE

The holidays are a perfect time to sit down with family and friends and share great meals. Don't neglect healthy nutrition to enjoy these celebrations. Discover tips for enjoying your favorite holiday foods and traditional dishes while still eating right.



OPTIONAL ADDITIONAL SERVICES: Enjoy an on-site cooking demonstration that will help ensure happy and healthy meals, no matter the season.



EAT SMART!

Eating Smart to Create a Healthier You

YEARLONG SERIES

Eating smart isn't just about losing weight. Eating smart doesn't mean skipping meals or counting calories. Eating smart means consuming foods that promote a healthier body, mind and spirit without killing your budget. Learn from registered dietitians and nutrition experts how to eat healthier whether you are at the office, at home or planning a holiday meal. Discover how to make healthy choices when shopping at the grocery store or eating out with friends. Eating smart is about creating a healthier you and reducing your risk for preventable diseases.

SESSION 1

THE THREE MS TO HEALTHY LIVING

Proper nutrition is one of the many healthy behaviors that lead to a longer, fuller life. Improve your health by integrating the three Ms—maximize, moderate, minimize—into your everyday nutrition habits.

SESSION 2

SUPERMARKET SMARTS

Navigating your favorite grocery store to find healthier, fresher and more affordable foods can be a daunting task. Learn how to turn those packed shelves into a cornucopia of healthy possibilities for you and your family.

SESSION 3

POWER TO PREVENT: HEART DISEASE

Heart disease is still the number-one killer in the United States, causing 2,200 deaths each day (CDC). Learn what the risk factors are for heart disease, which ones are under your control, and tips for making lifestyle and nutrition changes that will support a healthy heart.



OPTIONAL ADDITIONAL SERVICES: We offer biometric screenings as an added heart disease prevention and management measure.

SESSION 4

HEALTHY EATING ON A BUDGET

The average American household spends more than \$7,000 each year at the grocery store (U.S. Bureau of Labor Statistics). Learn about the three Ps, and discover how they can help you save food dollars and eat healthy at the same time.



OPTIONAL ADDITIONAL SERVICES: Enjoy an on-site cooking demonstration with equal portions of the three Ps.

SESSION 5

EATING OUT SMARTS

The average American eats out at least four times each week. And most of these meals are loaded with fat, sugar and salt. Learn what is really in some of your favorite restaurant foods and tips that will help you make healthier decisions when eating out.

SESSION 6

POWER TO PREVENT: CANCER RISK

In the United States, men have a slightly less than a one-in-two lifetime risk of developing cancer. And for women, the risk is a little more than one-in-three (CDC). Learn what risk factors for cancer you can modify, tips for making lifestyle and nutrition changes that make a difference.



OPTIONAL ADDITIONAL SERVICES: Electrocardiogram (EKG's are only offered in conjunction with a cardiac blood profile), and therapeutic and wellness services.

SESSION 7

THE POWER OF COLOR

Do you find yourself eating “beige” meals? If so, you may be missing out on many disease-fighting compounds. Learn about the healthy benefits of the five color categories of plant foods, discover which foods fall into these categories and try tips for incorporating color into your meals each day.

SESSION 8

STRESS SNACKING

You've been having a bad day at the office and what do you turn to? A candy bar? Learn how to break that stress snacking cycle and kick that quick, sugar-fix habit.

SESSION 9

POWER TO PREVENT: DIABETES

Diabetes remains the seventh leading cause of death in the United States with 1.4 million Americans diagnosed each year (ADA 2012). With diabetes at almost epidemic levels, learn about the risk factors, what health consequences occur with diabetes and what you can do to not become a statistic.



OPTIONAL ADDITIONAL SERVICES: We offer biometric screenings as an added diabetes prevention and management measure.



SESSION 10

WHAT'S ON YOUR PLATE?

Use ChooseMyPlate.gov as an invaluable resource, to explore the what, why and how of healthy eating, and the three key nutrition behaviors that will help you build a healthy meal every time. Also have fun with the “Portion Distortion” quiz and see just how up-to-date you are on portion sizes of some of America’s favorite foods.

SESSION 11

HEALTHY EATING ON THE GO

In our on-the-go society, we all eat on the run at some point. But that doesn’t mean healthy eating has to be sacrificed. Learn tips for healthier choices for fast food dining, ideas for on-the-go snacks, and even healthier options from your office vending machine. Also try your hand at the “Eat This, Not That” quiz on the ChooseMyPlate.gov website.

SESSION 12

THE HOLIDAY SURVIVAL GUIDE

The holidays are a perfect time to sit down with family and friends and share great meals. Don’t neglect healthy nutrition to enjoy these celebrations. Discover tips for enjoying your favorite holiday foods and traditional dishes while still eating right.



OPTIONAL ADDITIONAL SERVICES: Enjoy an on-site cooking demonstration that will help ensure happy and healthy meals, no matter the season.



STRESS MANAGEMENT: BEATING THE BURN-OUT

QUARTERLY SERIES

Whether it's emails, meetings, paperwork or perhaps a co-worker or two, life at the office can often be stressful. Throw a healthy family and social life in, and suddenly, you have way too much to do and definitely not enough time to do it. Learn from our health and wellness experts how to identify stressors in your life and develop skills to manage stress in a healthy manner. Discover lifestyle changes to increase your energy level and improve your productivity in the workplace by avoiding stress-related burnouts.

SESSION 1

GET MOVING AND GO TO SLEEP

When you get home from the office, are you too tired to exercise, but at bedtime, you're not tired enough to sleep? Learn how to beat the tired cycle to increase your energy level and handle stress more effectively.

SESSION 2

JUST LEAVE ME ALONE!

Do you wish your cubicle had a door so you wouldn't have to hear the noisy chatter from your co-workers? Are group projects or meetings a nightmare? Discover how to keep your positivity in the workplace while navigating interpersonal relationships at the office.

SESSION 3

STRESS SNACKING

You've been having a bad day at the office, and to what do you turn? A candy bar? Learn how to break that stress snacking cycle and kick that quick, sugar-fix habit.

SESSION 4

IT'S A WORK-FILLED LIFE

First things first, you check your email, even before coffee in the morning. At night, you bring paperwork home to do while the kids watch television. When your days at the office go from eight to five to 24/7, your life is missing balance. Learn how swinging to either spectrum of the work-life continuum can negatively impact your ability to effectively manage stress, and discover ways to reach and maintain a healthy lifestyle balance.



OPTIONAL ADDITIONAL SERVICES: We offer stress management treatments, including chair, hand, and paraffin massages.

OPTIONAL ADDITIONAL SERVICES: Stock your professional library with helpful books, such as AdventHealth Publishing's *Forgive to Live: How Forgiveness Can Save Your Life*, and the corresponding workbook, by Dr. Dick Tibbits.

WEIGHT MANAGEMENT

QUARTERLY SERIES

Are you tired of fad after fad that promises to help you lose weight and keep it off? The Weight Management quarterly series doesn't promise miracle weight loss or fast acting pills. However, what we do focus on is lifestyle transformation. Learn ways to transform what you put on your plate, where you shop in the grocery store and how you think about exercising. Learning to manage your weight is not about temporary fixes, rather it is about adopting a new and healthier lifestyle. Our registered dietitians and exercise experts are excited about helping you take the first steps toward a new and balanced life.



SESSION 1

WHAT'S ON YOUR PLATE?

Using ChooseMyPlate.gov as a resource, along with the MyPlate graphic for portion-size guidelines is an easy way to learn the “what, why and how” of healthy eating. Plus, discover the three key nutrition behaviors that will help you create a healthy meal every time. Take the “Portion Distortion” quiz and see just how up-to-date you are on portion sizes of some of America’s favorite foods.

SESSION 2

EXERCISE SMART!

Learn the basics of improving your health through activity. Join our exercise expert to enhance the four components of effective exercise: strength training, aerobic training, flexibility and fun activities.



OPTIONAL ADDITIONAL SERVICES: We offer group fitness classes including boot camp, Zumba, stretch bands, desk Pilates and Yoga.

SESSION 3

SUPERMARKET SMARTS

Navigating your favorite grocery store to find healthier, fresher and more affordable foods can be a daunting task. Learn how to turn those packed shelves into a cornucopia of healthy possibilities for you and your family.

SESSION 4

THE POWER OF COLOR

Do you find yourself eating “beige” meals? If so, you may be missing out on many disease-fighting compounds. Learn about the healthy benefits of the five color categories of plant foods, which foods fall into each group and tips for incorporating color into your meals each day.



OPTIONAL ADDITIONAL SERVICES: Enjoy an on-site cooking demonstration peppered with the power of color.

DIABETES MANAGEMENT

QUARTERLY SERIES

Being diagnosed with prediabetes or diabetes can be a scary thing. Maybe your mom or dad suffered from the disease and you are worried you're next. Perhaps doctors have been warning you for years to lose weight and turn your life around before you are diagnosed with diabetes. The good news is, diabetes can be managed. And in many cases prediabetes can be prevented from turning into diabetes. Our physicians, diabetes experts and registered dietitians will share with you ways to transform your life to help you prevent or manage diabetes.



SESSION 1

OVERCOMING OBSTACLES AND HEALTHY COPING

Being diagnosed with diabetes doesn't spell game over. And having diabetes doesn't mean your life can't be normal again. Learn how people just like you are living happy and healthy lives while managing diabetes.

SESSION 2

POWER TO PREVENT: DIABETES

Diabetes remains the seventh leading cause of death in the United States with 1.4 million Americans diagnosed each year (ADA 2012). With diabetes at almost epidemic levels, learn about the risk factors, what health consequences occur with diabetes and what you can do to not become a statistic.



OPTIONAL ADDITIONAL SERVICES: We offer biometric screenings as an added diabetes prevention and management measure.

SESSION 3

ACTIVE LIFESTYLE

Don't take diabetes lying down. Get up off the couch and get moving. Learning to manage your weight plays a huge role in managing your diabetes. Discover simple and practical ways you can start moving today.



OPTIONAL ADDITIONAL SERVICES: We offer group fitness classes including boot camp, Zumba, stretch bands, desk Pilates and Yoga.

SESSION 4

NUTRITION AND HEALTHY EATING

Whether you have been diagnosed with diabetes or are at risk for developing it, learning to eat for a healthier you is extremely important. Learn tips for managing or preventing diabetes by changing what you put on your plate.



OPTIONAL ADDITIONAL SERVICES: Enjoy an on-site cooking demonstration peppered with the power of color.

HEART HEALTH

QUARTERLY SERIES

Your heart pumps about five quarts of blood in a minute and beats around 100,000 times per day. We often take it for granted that our heart will just keep beating and beating day in and day out. Heart disease is the No. 1 cause of death in the world and the leading cause of death in the United States — killing almost 380,000 Americans a year (American Heart Association). Learn to recognize symptoms of heart disease from our physicians and take steps to change what you eat after listening to our registered dietitians. Now is the time to get heart healthy.



SESSION 1

SIGNS AND SYMPTOMS: MEN VS. WOMEN

Learn the signs and symptoms of heart disease and heart attack for men and women. Don't take a chance on your heart health, learn to recognize symptoms so you can be aware and act proactively.

SESSION 2

POWER TO PREVENT: HEART DISEASE

Heart disease strikes someone in the United States about every 34 seconds — during the past 10 years the death rate from heart disease has fallen about 39 percent, but the burden and risk factors remain alarmingly high (American Heart Association). Learn the risk factors for heart disease, which ones are under your control, and tips for making lifestyle and nutrition changes that will support a healthy heart.



OPTIONAL ADDITIONAL SERVICES: We offer biometric screenings as an added heart disease prevention and management measure.

SESSION 3

WALK FOR YOUR HEART

Keeping your heart healthy often times can mean shedding some of those unwanted pounds. Learn easy tips to introduce more activity into your life and take the first steps toward a healthier heart.



OPTIONAL ADDITIONAL SERVICES: We offer group fitness classes including boot camp, Zumba, stretch bands, desk Pilates and Yoga.

SESSION 4

POWER TO PREVENT: EAT YOUR HEART OUT

What we put into our bodies has a profound effect on our overall health. Learn how to make healthier diet choices to prevent heart disease or help manage heart disease if you have already been diagnosed.



OPTIONAL ADDITIONAL SERVICES: Enjoy an on-site cooking demonstration packed with the power to prevent heart disease.



PESKY PROBLEMS PRACTICALLY EVERYONE FACES

QUARTERLY SERIES

Do you catch a cold the minute someone sneezes around you? Are you unable to concentrate at work because of back pain? It's not just you—almost everyone faces these irksome health problems at some point in their life. Learn tips from our experts for avoiding these pesky problems practically everyone faces.

SESSION 1 COMMON COLD AND HEADACHES

Is your aspirin bottle hidden in your desk drawer to combat those irritating headaches? When your kids come home sick, are you resigned to being the next one to catch a cold? Colds and headaches bother everyone, but learn how to recover faster, build your immune system and beat back symptoms.

SESSION 2 SLEEPING PROBLEMS

Are you tossing and turning all night long, yet fighting back sleepiness during your afternoon meetings? Discover how to improve the quality of your sleep and learn symptoms of sleeping disorders to make sure you are getting the best rest for your body.

SESSION 3 ACHES AND PAINS

It started with your knees; now it's your back. What's next? Just because you sit at a desk all day long doesn't mean you avoid work-related aches and pains. Learn from our experts how to make sure you have a healthy work environment and discover tips for improving your workplace comfort level.



OPTIONAL ADDITIONAL SERVICES: We offer individual ergonomic workstation screenings and desk Pilates to enhance comfort and productivity.

SESSION 4 FLU

Is it a cold or the flu? Learn about symptoms of the flu and the importance of getting your annual flu shot. Discover how to make it through flu season happy and healthy.



OPTIONAL ADDITIONAL SERVICES: We offer an on-site seasonal flu clinic for added convenience and illness prevention.

POWER TO PREVENT: YOUR HEALTH, YOUR CHOICE, START NOW!

QUARTERLY SERIES

Just because it “runs in the family” doesn’t mean you have no chance, no choice or no hope. Don’t take disease lying down. Learn how a healthy lifestyle can help improve your quality of life while avoiding those dreaded diseases. Learn from our health and wellness experts the skills and lifestyle changes you can make to prevent disease.



SESSION 1

POWER TO PREVENT: DIABETES

1.4 million Americans are diagnosed with diabetes every year (American Diabetes Association). With diabetes at almost epidemic levels, learn about the risk factors, what health consequences can occur and what you can do to not become a statistic.



OPTIONAL ADDITIONAL SERVICES: We offer biometric screenings as an added diabetes prevention and management measure.

SESSION 2

POWER TO PREVENT: HEART DISEASE

Learn what the risk factors are for heart disease, which ones are under your control, and tips for making lifestyle and nutrition changes that will support a healthy heart.



OPTIONAL ADDITIONAL SERVICES: We offer biometric screenings as an added heart disease prevention and management measure.

SESSION 3

POWER TO PREVENT: STROKE

Learn the signs and symptoms of stroke and discover how to reduce your risk by changing your lifestyle.



OPTIONAL ADDITIONAL SERVICES: We offer biometric screenings as an added stroke awareness and prevention measure.

SESSION 4

POWER TO PREVENT: CANCER

Learn what risk factors you can modify and tips for making lifestyle and nutrition changes that make a difference.

LEADERS ENGAGING IN ACTIVE DEVELOPMENT (LEAD)

LEADERSHIP QUARTERLY SERIES

Join our top leaders on a journey of leadership development. Learn from top professionals their secrets for employee empowerment and people management. Their tips and lessons for success will help you shape your role as a leader in the office and help you continue to hone your skills.



SESSION 1

LEADING UP

Perhaps the hardest part of leadership is leading a leader. Leaders in development will often find themselves in the portion of having to motivate their leaders to accomplish a task. Learn the skills you need for leading up.



OPTIONAL ADDITIONAL SERVICES: Enhance your professional library with helpful books, such as AdventHealth Publishing’s *Leadership in the Crucible of Work* by Sandy Shugart, PhD.

SESSION 2

VALUES

Learn how to incorporate your personal values and the values of your company into your leadership style. Discover how to motivate and empower your employees by including them in your mission.

SESSION 3

WOMEN AND LEADERSHIP

Have you been asked how you balance having a family and being a leader? When you look around the boardroom table do you see a lack of female leaders or colleagues? Discover not only effective leadership techniques but also mentoring tools for growing and strengthening future women leaders.

SESSION 4

TRUST AND TEAMWORK

Just as the captain of the baseball team is still a member of the team, corporate leaders are still members of their “teams.” To be an effective leader, one must learn to balance the responsibility of leadership with the need to create a trusting environment for their team members.



OPTIONAL ADDITIONAL SERVICES

Biometric Screenings

We offer a wide variety of biometric screening options. Our testing is done through instant-result finger sticks, and results are shared with each individual on a confidential basis. Our clinicians provide on-site counsel to patients regarding their risk for chronic, preventable diseases, such as diabetes, heart disease, hypertension and obesity. We believe that when employees are educated about their disease risks, they are more likely to take a proactive role in their health care and engage in appropriate health interventions.

Biometric screening options include:

- Lipid profile (total cholesterol, HDL, LDL, triglycerides)
- Fasting glucose with HgbA1C
- Blood pressure
- Body mass index (BMI), height/weight measurements, waist circumference

Biometric screening options can be tailored to fit your organization's needs.

Health Screenings

- Endurance/cardiorespiratory
- Flexibility
- Strength (upper and lower body)
- Skinscope screenings
- Grip strength
- Orthopedic joint screenings

Ergonomic Workstation Screenings

Individual workstation screenings include an evaluation of:

- Screen distance
- Wrist and elbow position
- Seat height and backrest
- Keyboard and document holder
- Lower body position

Corporate Spa Services

Enjoy a mini-vacation at the office with chair, hand and paraffin treatments. These quick pick-me-ups will leave you de-stressed, relaxed and refreshed in no time.

On-site Seasonal Flu Clinics

Our flu clinics present an effective way to save on indirect and direct costs of influenza annually by providing on-site care and prevention to employees and their dependents, ages four years and older.

Nutrition Services

- Recipe database—In an effort to improve the health of your employees both at home and in the workplace, we have created an online recipe database with healthy recipes to empower nutritious choices.
- On-site cooking demonstrations—Learn more about cooking techniques and tips for preparing food with less salt, fat and sugar while interacting with our chef.
- On-site nutrition consultations—Individual consultations provided by a registered dietitian.

Group Fitness Classes and Activity Programs

- Zumba®
- Yoga
- Stretch Bands
- Desk Pilates
- No Equipment Necessary
- Full Body
- 5k Walk-to-run program

AdventHealth Publishing

Learn to maintain a healthy mind, body and spirit through our books and training materials.

Titles include:

- CREATION Health Life Guide Series
- Leadership in the Crucible of Work by Sandy Shugart, PhD
- Forgive to Live: How Forgiveness Can Save Your Life, and the corresponding workbook, by Dr. Dick Tibbits
- SuperSized Kids: How to Rescue Your Child from the Obesity Threat by Walt Larimore, M.D. and Sherri Flynt, MPH, RD, LD

For additional subjects, reach out to us to learn more.

Webinars

To book a Speakers Bureau event for an organization with employees in multiple locations, book the event via our live stream webinar service.

Lunch & Learn

Small steps lead to big accomplishments. Are you interested in bringing health-related topics to your employees in a shortened format? Employees can bring their lunch and learn about how to achieve a healthy body, mind and spirit.



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