

# Onsite wellness seminars

that work well  
to improve  
employee wellness



Cigna's Onsite Wellness Seminars bring the most up-to-date information to your employees on almost any health topic. Our highly-trained and certified health educators will deliver any of the seminars, at any time, at the place that works best for your population. All our seminars are an hour in length, are interactive and include educational handouts.

## **Over 65 Seminars: Which ones are right for you?**

We'll review your populations health information and recommend the right topics to address your health concerns.

### **Contents:**

#### **Page 1**

- Aging
- Back care
- Cancer
- Cholesterol
- Colds and flu
- Diabetes
- Fitness

#### **Page 2**

- Fitness
- Food and cooking
- Goal setting
- Headaches
- Heart disease

#### **Page 3**

- Holidays
- Hormones
- Hypertension
- Nutrition
- Optimal health
- Prescription Drugs
- Sleep

#### **Page 4**

- Stress
- Walking and running
- Weight management





## Aging

- **Age to Age**  
Sooner or later, it happens to everyone. Age, that is. Learn how living a life of wellness helps you to age well.
- **Bedside Burnout**  
Being a caregiver to an aging or ill family member is stressful, both physically, financially and emotionally. Learn how to take care of the caregiver at the same time.

## Back care

- **Oh, my aching back!**  
Learn the basics of back care: how to strengthen muscle groups for a healthier back; exercises to prevent or alleviate pain; and ideas for preventing low back pain.

## Cancer

- **Reduce your cancer risk**  
It seems as if every day brings a new story about what works. Eat this or don't; take this supplement or don't. It's confusing. Come and get information you can trust: the real scoop based on credible research on cancer prevention.
- **Save your skin**  
Don't be one of the million new cases of skin cancer every year. Learn how to protect yourself and your family from damaging UV rays: to lower your risk of melanoma and other skin cancers.

## Cholesterol

- **Do you know your numbers?**  
Find out what cholesterol is, and how it affects your health. Learn how to lower your numbers, and get your questions answered.  
*Available in English and Spanish*
- **Supplements and cholesterol: What may be helpful, and what could be harmful?**  
The drug store has many shelves of supplements and vitamins that promise to give you healthier cholesterol numbers – but what's the truth? Are there foods that can provide the same benefit naturally? Learn what really does and doesn't improve cholesterol.

## Colds and flu

- **A-a-choo!**  
Learn how to tell the difference between a cold and the flu, and what to do when the bug strikes.

## Diabetes

- **Insulin resistance and metabolic syndrome**  
People with insulin resistance often have a cluster

of other conditions known as Metabolic Syndrome. Those conditions can create a higher risk of Type 2 diabetes and heart disease. Learn about their effects on your health, and how to treat.

- **Preventing diabetes**  
Do you or a family member have diabetes, or an increased risk of developing it? Learn the causes, and how to minimize your risk of the disease.

*Available in English and Spanish*

## Fitness

- **Best moves for injury prevention**  
Taking a few minutes to stretch before you exercise or take on some challenging physical tasks can prevent a lot of injuries. Learn some quick, easy ways to stretch and warm up first so you avoid unnecessary injury.
- **Best moves for faster weight loss**  
Find out the key changes you can make to reach your weight loss goals faster.
- **Dispelling exercise myths**  
You've seen those infomercials for the latest miracle gadget that will make exercise easier and transform your physique. Come and find out what is fact and what's a myth.
- **Exercise: Getting Started**  
Just getting started is often the hardest part. Boost your motivation and get tips to jump start your exercise program.
- **Exercise for busy bodies**  
Are you too busy for the gym? Come and find out how you can still exercise – at your desk, in your car, and at odd moments during the day.
- **Exercising away from the gym**  
Does your busy schedule keep you from that gym time? Come and hear tips and tricks for finding time to exercise, no matter how busy you are.
- **Making workouts count (cardiovascular activity)** Is your regular workout routine not working for you any more? Come and learn how to maximize the benefit of your time at the gym or on the walking trail.
- **Pump it up!**  
No matter what your age, weight or fitness level, you can keep your muscles strong by making strength training a regular part of your fitness program.
- **Pump it up again!**  
Has your strength training routine hit a plateau? Learn how to change up your routine to reach a new level of fitness.

- **Stretch and strengthen at your desk**  
A good s-t-r-e-t-c-h just feels good all over, and helps take some of the stress out of a hectic day. Come and learn some simple stretching exercises to keep you stress free and energized.

## Food and cooking

- **Caffeine: how much is too much?**  
Is caffeine good or bad? Should my kids stay away from caffeinated beverages? What foods contain hidden caffeine? Get the answers in our session.
- **Cooking up family fun**  
Cooking together is a great way to teach your kids about healthy eating habits. Our hands-on approach is a recipe for good times together in the kitchen!
- **Don't skip breakfast**  
Do you dash out the door and just grab a donut on the way to work? Are you bored with your breakfast routine? Eating breakfast is a great way to keep up your energy through the day. Learn tricks for changing up your breakfast choices, and get some healthy morning menu suggestions.
- **Food additives: I'm eating what?**  
Learn about potentially harmful preservatives and additives that lurk in many prepared and processed foods. You'll be better informed about what to choose and what to avoid in the grocery store.
- **Healthy substitutes**  
Are you reluctant to give up those favorite dishes? Learn creative solutions for making your favorites healthier and more nutritious.
- **Is your food safe? Food safety 101**  
Is spinach safe to eat? Should you wash bagged produce or not? How do you avoid salmonella? Keep your family and your food safe from food-borne illness with a few simple steps.
- **Lunch: Eat up for energy**  
Healthy doesn't have to mean boring. Get the scoop on preparing tasty, healthy lunches that keep you going through the afternoon.
- **Mood food**  
Do you think of food as a reward, a stress reliever, or a friend? Those could be signs of a food addiction. Explore ways to break the connection between your emotions and what, when and how much you eat.
- **Ten foods you ought to eat**  
Which ten foods can lead to a healthier you?

Come and find out how to incorporate them into your diet.

- **What's for dinner?**  
Are you out of inspiration for dinner tonight? We'll help you come up with healthy and tasty alternatives that your whole family will love.

## Goal setting

- **Resolution revolution**  
Get ready for a challenge – an opportunity to take a fresh look at your everyday choices, and make some positive lifestyle changes to reduce stress and improve your overall health.

## Headaches

- **Oh, my aching head**  
Is that a tension headache? Migraine or sinus? Are your headaches occasional or chronic? We'll look at the types and causes of headaches, and learn how you can get some relief.

## Heart disease

- **Heart attack and stroke**  
Learn to recognize the signs and symptoms of a heart attack or stroke, and what to do when an attack happens. Also, find out how to reduce your risk of heart attack or stroke.
- **Heart failure 101**  
This important topic could be a lifesaver for you or someone you care about. Learn to recognize the signs and symptoms and effects of heart failure, and understand available treatment options.
- **Raising a heart-healthy family**  
Heart disease can come out of the blue, and often starts early in life. Learn more so you can teach your kids about heart health, and how to adopt heart-healthy habits for the whole family.
- **Take it to heart**  
Be better informed with this invaluable overview of heart disease, its symptoms, and ways to prevent it



## Holidays

- **Holiday survival**  
Do holidays mean fun and festivities with family and friends? Or stress and overindulgence? Get your plan in place to keep those special times of year really special, for all the family.

## Hormones

- **Hormones: health or hype?**  
Get up-to-date information on bio-identical versus synthetic hormones, and the risks and benefits of hormone therapy.

## Hypertension

- **Under pressure**  
Come to this informative interactive class to learn what blood pressure is, why it matters so much, and how to keep it within a healthy range.  
*Available in English and Spanish*

## Nutrition

- **A new approach to nutrition**  
When you make the choice to eat a balanced diet, you help set the foundation for improving your health and your quality of life. No matter what your age or your weight, now is a good time for a fresh perspective on nutrition.
- **Busted! The truth about nutrition myths**  
Is “organic” really better for you? Does “cholesterol free” mean it’s healthy? Come and learn about nutrition myths, and get your eating plan on the right track.
- **Eat well, live better**  
Make good nutrition a way of life. Come and learn how to balance protein, carbs and fats; supermarket survival; and strategies for eating out.
- **Fueling your body for a good competition**  
Are you gearing up to take on a marathon or half-marathon? If so, come to this advanced lecture to learn about proper nutrition before, during and after the race.
- **Getting your toddlers to eat vegetables**  
Sure, healthy nutrition is important from a young age – but how do you get your kids to eat the healthy stuff? Learn some tips and tricks for happier mealtimes.



- **Mindful eating: controlling food intake**  
If food is a way for you to relieve boredom or stress or to reward yourself, it could be a path to unwanted weight gain. Come and explore how to eat more mindfully instead of letting your emotions control what, when and how much you eat.
- **Simplify... substitute... satisfy**  
Find out how these three easy steps will help you eat healthier and enjoy your food more.
- **Supermarket survival**  
Learn how to shop at the supermarket and still eat a healthy diet. Find out what to say “No” to, how to plan ahead, and how to read nutrition labels.
- **Dietary supplements**  
Do you really need them? And if so, which ones? How much should you take? Learn how enhancing your diet with vitamins, antioxidants and fish oils could translate into better health.

## Optimal health

- **Doc talk**  
When you are talking to your doctor, it’s essential to have good, clear communications. Learn how developing an open and positive partnership with your doctor is vital to your health.
- **Ultimate balancing act**  
A healthy work/life balance can be one of the biggest challenges we face. Come and learn how to find the right balance between the two.
- **For men only**  
At any age, you can learn to live healthier. We’ll focus on the biological changes that happen at the different ages and stages of a man’s life.

## Prescription drugs

- **How to save money on prescription drugs: pros and cons of generics**  
Learn about generics: are they as safe as brand name drugs? Are they tested? Do they work the same way? Find out how generic drugs can save you real money.

## Sleep

- **Sleep: Up all night**  
Is it hard to fall asleep at night? Not getting enough sleep? Learn about the causes of sleep disorders, and some relaxing tactics that will help you have a restful night without medication.



## Stress

- **Organizing your life: simple ways to find more time for you**  
Are you so busy you feel you don't have a minute to yourself? Learn some quick and easy strategies to organize your week so that there's more quality time for your family, and for you.
- **Stressbusters**  
Stress seems to be just a fact of life. You probably can't eliminate it completely, but you can learn healthy coping skills for managing the stress level when you are under pressure.
- **Time management: no time like the present.**  
Does time just get away from you? Are deadlines challenging? Come and learn some techniques that will make your life less stressful and more productive.

## Walking and running

- **Things I wish I had known before my first race**  
This advanced lecture helps prepare first-time marathon and half-marathon racers for the big day.
- **These shoes were made for walking**  
Step up and find out what it takes to start a successful walking program – for yourself, your company, or your group.

## Weight management

- **Eat the foods you love and still lose weight: Parts 1 and 2 These are two 1 hour seminars**  
No food is inherently "bad." Learn how to enjoy your favorites and still lose weight without pills or gimmicks. It's a common-sense approach everyone can follow.
- **25 tips to jump start your weight loss**  
Can a small change produce a big change? The right change can. Come and hear 25 lifestyle tips for successful weight management.
- **The keys to long-term weight loss**  
Learn what it really takes to lose weight and burn fat. You can do it: with the right information and guidance, it truly is possible.

- **Losing the baby weight**  
Yes, you can! Come and hear tips and strategies for managing stress, making time for you, and successful post-baby weight loss.
- **Sensible and slimming snacks**  
Learn how choosing the right snack can make a difference in your energy, health and weight.
- **Top 10 lessons from those who kept the weight off**  
How do they do it? Hear about the top 10 lessons you can learn from men and women who have lost weight and kept it off for years.
- **Weight management and menopause**  
Is "middle-age spread" for real, or just a saying? Learn how to manage your weight while going through this life event.
- **Yoga and weight loss**  
Yoga and relaxation can play a real part in helping you maintain a healthy weight. Learn why, and find out how to incorporate some yoga moves into your day.
- **Fad Diets**  
Another fad diet appears on the scene every week, it seems. Discover why they don't work for long, how they can affect your health, and how to steer clear of fads when starting a weight management program.
- **How to help your child achieve and maintain a health weight**  
Not a week goes by without a series of articles being published about the childhood obesity epidemic. Come learn how to help prevent your child from becoming overweight or obese and how to help an overweight child maintain a healthier weight.



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