



Health Awareness, Biometrics & Preventive Care

Chronic Disease Prevention,
Informed Healthcare, Risk Reduction

Beyond Biometrics

Move Past “Knowing Your Numbers”

A great first step in health care and self-care is “knowing your numbers.” Once you do, it’s time to understand your biggest opportunities and how to make small, sustainable lifestyle modifications to maintain or improve those numbers over time. Join us for a discussion around biometrics and how to get the best outcomes possible (for feeling and functioning at your best) while reducing risk of chronic disease.

Empowered Healthcare

Simple Steps to Become an Informed & Empowered Healthcare Consumer

The United States spends as much as 25% of its healthcare budget on medical care resulting from unhealthy habits and other modifiable behaviors such as smoking and obesity. Studies have shown that poor health habits, paired with excessive stress, cost at least \$3,000 per person per year. By focusing on primary and preventative care, those high-treatment costs can often be avoided.

Get involved and join us to learn how to reduce healthcare costs through prevention and supportive lifestyle practices.

Integrative Health & Immune Function

Lifestyle Habits to Amp Up Your Immune System

Boosting immune function is likely to be a trending health topic (and priority) this year and beyond. There are many ways to strengthen and support your immune system through daily health care and self-care practices. Join us for a review of the basics (balanced nutrition, more movement and great sleep), in addition to integrative insights across the four domains of wellness – mind, body, spirit and environment.

Men’s Health Matters

Focus on Men’s Well-Being

Men face some unique health concerns – making both awareness and strong preventative care essential. Waiting to access care, or until there’s an emergent issue at hand, can potentially add unnecessary stress and risk. **Men’s Health Month** provides an ideal opportunity for education, screening reminders and a review of healthy lifestyle practices for long-term health and well-being. Join us to learn more!



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Metabolic Syndrome

Increase Awareness & Plan for Improvement

According to guidelines used by the **National Institutes of Health**, you have **Metabolic Syndrome** if you have three or more of these traits or are taking medication to control them: large waist circumference, high triglyceride level, reduced high-density lipoprotein (or “good” cholesterol), increased blood pressure and/or elevated fasting blood sugar.

Attend this session to gain a greater understanding of **Metabolic Syndrome** and steps you can take to make targeted, positive changes.

Women's Health

Balance Hormones for Health & Vitality

Hormones are part of a network controlling the function of every organ and cell in the body, and hormonal balance is vital to a healthy mind and body. Imbalances caused by poor nutrition, stress, toxins and lifestyle factors like lack of sleep and/or exercise can be balanced. In this session you will learn about major hormones in the body, signs of hormonal imbalance and ways to create greater balance through practical and healthy lifestyle habits.