

Wellness Education Class Schedule 2014-2015

AUGUST 2014

Topic: Tips to Getting/Staying Fit

Presenter: James Cook, CSCS Head Trainer, Wilmington Athletic Club

Date: Tuesday, August 12, 2014

Time: 11:30 – 12:15

Location: HR Training Room B

Description: *Come and learn simple ways you can strive to be fit every day.*

Topic: Social Media and Technology and Its Effects on Our Relationships and Our Children:

Presenter: Rick Titcomb, Core Counseling

Date: Wednesday, August 20, 2014

Time: 11:00 – 11:45

Location: HR Training Room A

Description: *Are Social Media and Smart Phones the new “It Drug”? Are you hooked? I’ll give you 5 ways to know your level of dependence. I will detail the effects this “New Drug” is having on our relationships and our children.*

Topic: Healthy Eating on a Budget

Presenter: Sonia Nelson, Nutrition in Motion

Date: Wednesday, August 27, 2014

Time: 11:30 – 12:15

Location: HR Training Room B

Description: *When you're on a tight budget, the thought of preparing tasty, healthy meals on a regular basis can seem daunting and overwhelming. Not only is it easy to get sucked in by grocery merchandising tricks, but it's also normal for most of us to fall into a mealtime rut; eating the same foods over and over. But you're in control of your kitchen. This class will teach you how to make healthy, delicious meals that the entire family will enjoy without breaking the bank. From the freezer ready meals that can be prepared ahead of time, to quick assembly meals; we will cover a number of options. You can save money and still have quality!*

SEPTEMBER 2014

Topic: Life's Simple 7

Presenter: Ashley Miller, American Heart Association

Date: Wednesday, September 10, 2014

Time: 11:30 – 12:15

Location: HR Training Room B

Description: *Heart disease is the #1 killer of men and women. 30% of us that develop cardiovascular disease are born with defects and/or have inherited family risk factors, but the other 70% that develop cardiovascular disease...can prevent illness by living a healthy lifestyle. By focusing on seven key health factors and behaviors – what the American Heart Association calls Life's Simple 7® – you can keep your heart healthy, lower your risks of heart disease and stroke, and improve your quality of life.*

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Topic: Brain Power

Presenter: *Rick Titcomb, Core Counseling*

Date: Tuesday, September, 16, 2014

Time: 11:00 – 11:45

Location: HR Training Room A

Description: *Learn in the simple truths of how our brain works and controls our every thought and action. Learn the 7 principles of surviving and thriving at work and at home.*

Topic: Debunking Dieting Myths

Presenter: *Laura Greenhow, Summerfield Custom Wellness*

Date: Wednesday, September 24, 2014

Time: 11:30 – 12:15

Location: HR Training Room A

Description: *How many calories do I need? Which food groups should I eliminate from my diet? What is garcinia cambogia? With all of the information available from the internet, TV, and our friends and family, how are we supposed to know which information to apply and which to ignore? Come to this talk on Debunking Dieting Myths to discover how to determine what advice is best for your personal wellness plan*

OCTOBER 2014

Topic: Work Place Drama

Presenter: *Rick Titcomb, Core Counseling*

Date: Wednesday, Oct 1, 2014

Time: 11:00 – 11:45

Location: HR Training Room A

Description: *Learn the simple truths of how our brain works and controls our every thought and action. Learn the 7 principles of surviving and thriving at work and at home.*

Topic: Sustainable Health and Fitness Tips/"Project Weight Loss Wilmington

Presenter: *Anita Harrell, Fitness Motivator*

Date: Wednesday, October 8, 2014

Time: 11:30 – 12:15

Location: DSS Multipurpose Room A & B

Description: *Come hear about the success of Project Weight Loss Wilmington and realistic tips on weight loss and how to sustain your health and fitness.*

Topic: Healthy Eating with Clean EatZ

Presenter: *Evonne White, Clean EatZ*

Date: Wednesday, October 22, 2014

Time: 11:30 – 12:15

Location: HR Training Room B

Description: *Come learn some simple and realistic healthy eating tips from Clean EatZ.*

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NOVEMBER 2014

Topic: Love and Power

Presenter: Rick Titcomb, Core Counseling

Date: Wednesday, November 12, 2014

Time: 11:00 – 11:45

Location: HR Training Room B

Description: *Are you in a relationship that is going nowhere? Who runs your relationship...the answer may surprise you. Learn how to reclaim yourself and your relationship.*

Topic: Preventing Diabetes 101

Presenter: Darlene Compeau, Health Alliance Onsite

Date: Tuesday, November 18, 2014

Time: 11:30 – 12:15

Location: HR Training Room B

Description: *Nearly 10% of the entire US population has diabetes. In 2010, about 1 in 3 adults had prediabetes. Prediabetes is a serious health condition that increases the risk of developing type 2 diabetes, heart disease, and stroke. A person with prediabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes. Many factors increase the risk for prediabetes or becoming diabetic. Learn the ways to reduce your risk for prediabetes and prevent diabetes.*

Topic: Healthy Eating around the Holidays

Presenter: Sonia Nelson, Nutrition in Motion

Date: November 19, 2014

Time: 11:30 – 12:15

Location: DSS Multipurpose Room A&B

Description: *The holiday season is a time to celebrate with family and friends. Unfortunately, for many it also becomes a time for over-eating and weight gain. According to the National Institutes of Health, holiday eating can result in an extra pound or two every year. Over a lifetime, holiday weight gain can really add up. The holidays don't have to mean weight gain. This class will focus on a healthy balance of food, activity, and fun. By implementing a few simple tips you can stay healthy through the holiday season. Whether you have diabetes, pre-diabetes, or just want to learn about eating healthier; this class is for you!*

DECEMBER 2014

Topic: Family: Learn What Makes a Family Tick:

Presenter: Rick Titcomb, Core Counseling

Date: Tuesday, December 16, 2014

Time: 11:00 – 11:45

Location: HR Training Room A

Description: *Learn the 6 principles of a Family Structure. Our Family remains the central element of our life. Learn your role and theirs*

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JANUARY 2015

Topic: How to Start Off the New Year Eating Right

Presenter: Courtney Anne Simmons, Registered & Licensed Dietitian/Nutritionist

Date: Tuesday, January 13, 2014

Time: 11:30 – 12:15

Location: HR Training Room A

Description: *Frustrated with failed New Year's Resolutions about food and weight? In this class, you will learn how to eat healthy for the New Year and beyond! Throw your resolutions out of the window as you learn which foods are healthy, how to balance your meals, and which nutrition and diet tips are actually myths! Come prepared with questions for this interactive session*

Topic: Work Power: Who's Got It?

Presenter: Rick Titcomb, Core Counseling

Date: -Wednesday, January 14, 2014

Time: 11:00 – 11:45

Location: HR Training Room A

Description: *Do you have a relationship at work that is a struggle? Learn the 6 Ways to regain your workplace and clearly see your Supervisor's place.*

Topic: Getting Fit with the YMCA

Presenter: Dalia Nir, Wilmington Family YMCA

Date: Wednesday, January 21, 2014

Time: 11:30 – 12:15

Location: DSS Multipurpose Room A & B

Description: *The presentation will discuss exercise for health and wellness. It will include exercise benefits, exercise mode options, and exercise from a holistic & well rounded approach. It will cover tips on how to get started on an exercise program. We will conclude with a brief exercise demonstration.*

FEBRUARY 2015

Topic: Heart Health with Life's Simple 7

Presenter: Ashley Miller, American Heart Association

Date: Wednesday, February 11, 2015

Time: 11:30 – 12:15

Location: DSS Multipurpose Room A & B

Description: *Heart disease is the #1 killer of men and women. 30% of us that develop cardiovascular disease are born with defects and/or have inherited family risk factors, but the other 70% that develop cardiovascular disease...can prevent illness by living a healthy lifestyle. By focusing on seven key health factors and behaviors – what the American Heart Association calls Life's Simple 7® – you can keep your heart healthy, lower your risks of heart disease and stroke, and improve your quality of life.*

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Topic: Personalities

Presenter: Rick Titcomb, Core Counseling

Date: - Tuesday, February 17, 2015

Time: 11:00 – 11:45

Location: HR Training Room B

Description *What's your personality and what makes you tick. What makes your partner tick? Learn why you do what you do and why your husband/wife/girlfriend/boyfriend does what they do.*

Topic: Heart Disease and Women

Presenter: Sue Schoolfield, Cardiac Rehab, New Hanover Regional Medical Center

Date: Tuesday, February 24, 2015

Time: 11:30 – 12:15

Location: HR Training Room B

Description: *Heart disease is the number one killer of American women. That's a startling fact. But the good news is women can take significant steps to reduce their risk for heart disease. This presentation will identify the signs and symptoms of heart disease that are unique to women. In addition, a heart healthy plan to eat right, reduce stress and exercise will be discussed.*

March 2015

Topic: Tips on Reducing Your Cholesterol

Presenter: Darlene Compeau, Health Alliance Onsite

Date: Wednesday, March 11, 2015

Time: 11:30 – 12:15

Location: HR Training Room B

Description: *Approximately one in every six adults in the United States has high blood cholesterol. It's a silent health risk for heart disease and stroke. This course will provide facts about what you should know about good and bad cholesterol – and ways you can reduce your cholesterol and lower your risk.*

Topic: Depression, Sadness, Anxious:

Presenter: Rick Titcomb, Core Counseling

Date: Tuesday, March 17, 2015

Time: 11:00 – 11:45

Location: HR Training Room A

Description *Am I depressed, sad, anxious...is this your problem? I'll teach you what's really going on with your emotions and how to feel better.*

Topic: Eat healthier. Feel better.

Presenter: Sonia Nelson, Nutrition in Motion

Date: March 18, 2015

Time: 11:30 – 12:15

Location: DSS Multipurpose Room A

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Description: *Learn how to enhance your overall well-being through clean eating. By avoiding over-processed foods and eating foods that are fresh and from their natural source; you can feel better, look better and most definitely have more energy. Eating clean also helps your body function properly and increase your immune system's performance. This class will introduce and answer questions about avoiding harmful food additives and their effect on your health.*

April 2015

Topic: Stickiness

Presenter: Rick Titcomb, Core Counseling

Date: - Tuesday, April 14, 2015

Time: 11:00 – 11:45

Location: HR Training Room A

Description *Why don't we stick to our diets, exercise plans, saving money for a rainy day etc.? Learn why and how stop making empty promises in 7 Easy Steps. Stop being the "30 Day Wonder".*

May 2015

Topic: Emotional Intelligence "EQ"

Presenter: Rick Titcomb, Core Counseling

Date: - Tuesday, May 5, 2015

Time: 11:00 – 11:45

Location: HR Training Room A

Description *IQ or EQ which one is more important? Learn why and what's your EQ. Learn how to control your emotions by knowing your EQ.*

Topic: Reducing Your Blood Pressure

Presenter: Darlene Compeau, Health Alliance Onsite

Date: Wednesday, May 13, 2015

Time: 11:30 – 12:15

Location: HR Training Room A

Description: *About 1 in every 4 American adults has high blood pressure, also called hypertension, which is a major risk factor for stroke, heart and kidney diseases, High blood pressure is especially dangerous, because it often gives no warning signs or symptoms. Prevention is key. Be sure to get your blood pressure checked regularly. If it is high, you can take steps to lower it. Just as important, if your blood pressure is normal, you can learn how to keep it from rising.*

June 2015

Topic: Be Brief

Presenter: Rick Titcomb

Date: -Tuesday, June 16, 2015

Time: 11:00 – 11:45

Location: HR Training Room A

Description *Being brief in today's world is a necessity. Learn how to make a bigger impact by saying less.*