

## HMSA HEALTH EDUCATION WORKSHOP MENU

MINIMUM PARTICIPATION: 15

### DISEASE AWARENESS

GENERAL  
HEALTH

HEALTHY  
AGING

INJURY  
PREVENTION &  
SAFETY

NUTRITION

PHYSICAL  
ACTIVITY &  
EXERCISE

STRESS  
MANAGEMENT

YOUTH  
WELLNESS

### **Bone Masster – Awareness, prevention & management of osteoporosis**

Osteoporosis affects more people than you might think. In this session we will explore how bone fractures can drastically impact our lives, and take note of ways to build up our skeletons. Complete a “calcium assessment”, check your risk factors, and learn what bone density tests are all about.

### **Heart Disease or Heart at Ease**

Heart disease is the leading cause of death for Americans, and a major contributor to disability and medical costs. This workshop explores cholesterol and high blood pressure in terms of their involvement with this often preventable disease. Complete an assessment of your own risk, and review ways to minimize this risk.

### **Men’s Health**

Many men probably don’t take advantage of regular physical checkups or schedule the recommended screenings for their health risk and age. This workshop will explore the health and medical conditions that place men at risk and review the recommended tests to screen for such conditions as heart disease and prostate cancer. You will also learn ways that men can improve and maintain their health.

### **Understanding Diabetes**

Over 100,000 people in Hawaii have diabetes and there is a good probability that you know someone who has this disease. Diabetes can lead to heart disease, kidney disease, blindness, and other chronic conditions. In this workshop, you will learn basic facts, the risk factors, and possible complications related to diabetes. You will also get tips on how to prevent this disease, or if you have it, how to control it to live a full and productive life.

### **Women’s Health**

Based on the latest findings of the United States Preventive Services Task Force, you’ll discover the most important health screening exams that you shouldn’t neglect, learn five daily steps to health, and receive a checklist to get you thinking about your current and long-term health. You’ll also get some tips for maintaining a healthy, disease prevention-oriented relationship with your physician.



### **Germ Busters—Relief from the Common Cold & Flu**

Tired of feeling rotten each winter? This light-hearted but informative session provides an overview of two common respiratory illnesses. Join us as we discuss symptoms, treatment of symptoms, and prevention measures. Activities include team competition to reveal who knows the difference between virus fact and fiction.

### **My\$elf Care – Part One: Personal Responsibility Makes Cents**

In times of increasing healthcare costs, it is important to have strategies for keeping healthy AND keeping on a budget. In this session, we begin by exploring why costs are rising. From there, we highlight what HMSA is doing to offset this, and how we can take advantage.

### **My\$elf Care – Part Two: Responsibility Begins with You**

Take control of your health! This workshop will help you improve your quality of self care at home by identifying four simple steps that will aid you in dealing with most health problems. Feel you could get more out of your office visits? Learn how to strengthen your partnership with your health care provider by knowing which questions to ask and which questions to be ready to answer.

### **Sweet Dreams: The Benefits of Sleep**

Are you burning the candle at both ends, living a 24/7 lifestyle, always multitasking and going full speed? Do you struggle to get to sleep, stay asleep, or wake up feeling like you hardly slept at all? Studies have shown many links between sleep deprivation, weight gain, and a host of other health problems. Come and find out how much sleep you need, why you need it, and how to get more (and better) sleep!

### **Understanding Depression: When Caring For Loved Ones**

Research shows that depression is very common among the older adults in our community and can affect the individual's quality of life. However, there is up to 90% effectiveness if it is recognized and treated early. This workshop will focus on how to identify the signs and symptoms of Depression, factors to help control illnesses due to Depression, and how to care for the Caregiver.

### **Wellness 101**

Often times we try to make lifestyle changes to benefit our health. Unfortunately, well-intended attempts can fail or backfire due to lack of planning or drastic approaches. This session promotes the "Stages of Change" model for making comfortable and lasting improvements. Taking small(er) steps can be effective towards becoming more active, eating healthier, and relieving stress. Identify foods that are "healthy" and tasty...make activity convenient... and sample a stress-busting exercise in this multi-focus workshop.



### Successful Aging Begins with You

This is a lively one-hour exploration of the aging processes and how they affect each of us individually. We'll look at aging in other cultures and discover the secrets of some of the longest-lived people in the world. We'll learn ways to apply this knowledge in our own lives as we progress toward those "golden years." Filled with practical examples and exercises, the topics in this workshop are applicable to folks and caregivers of all ages.

### Watch Your Step!

Falls are a major health risk factor for older adults age 65 and older. In this workshop, we will learn why fall-related accidents occur as we age and discuss strategies and perform exercises to help reduce the risk of falls.



### Back to Basics

According to the American Physical Therapy Association, over 80% of American workers will suffer back pain at some point in their career. In this workshop we attempt to minimize the occurrence of low back injuries by increasing our awareness of contributing factors. Review back anatomy with a focus on how a variety of conditions can trigger pain. Learn and practice healthy posture, proper lifting technique, and back-specific

### Workstation Wellness

Do you spend most of your work day seated in front of a computer? If so, you share the same risks as millions of other Americans: repetitive motion disorders, poor posture, eyestrain, and perhaps most dangerous – a sedentary lifestyle. Join us to learn healthier computer set up and usage, and realize that YOU CAN be comfortable at work.



## **Eating On the Run**

Learn the best meal options and snack suggestions when you are in a hurry and have no time to prepare meals at home. Leave this one hour session with strategies as to how you can make healthy decisions when you need to make good food choices fast.

## **Goodbye, Diet! Hello, Health!**

Re-think your weight management game plan! Explore the psychosocial determinants of weight gain and examine factors that have contributed to our nation's struggle with weight. Journey outside the confines of *weight loss* and discover the joys of *gaining health* through practicing healthy behaviors. Determine what influences your current eating and exercise habits, and learn to develop new behaviors while feeling good about your choices!

## **Healthy Eating Island Style**

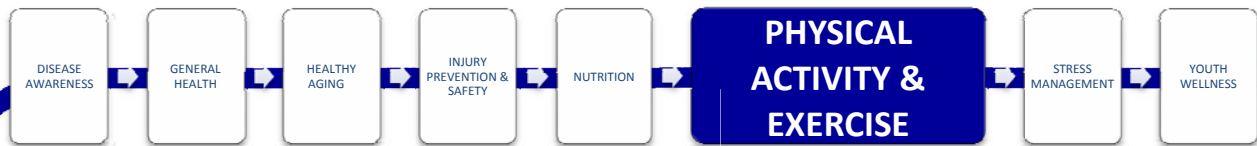
Here in Hawaii, we love our food. Is our way of eating contributing to the ever-increasing rates of obesity we always hear about, or can local favorites “fit” into a healthy diet? This workshop will provide the essential tools and strategies that can help make healthier food choices easier. Topics include understanding the risk of unhealthy food choices, a basic understanding of the Food Guide Pyramid, and how to identify healthier local food choices.

## **Meatless Alternatives**

Whether investigating the vegetarian diet, exploring your “veg curious” side, or simply looking for ways to add healthful variety to your regular fare, this workshop covers the basic principles of healthy eating without using meat. You'll explore the common elements of all foods and see ways to obtain the necessary nutrients for a healthy lifestyle exclusively from plant sources. The information is especially geared for beginners.

## **Season's Eatings**

The Holidays are full of temptations: buffets, parties, desserts, drinking, etc. In this workshop “moderation” is the way to go as we discuss strategies to maintain your weight (and health) while still enjoying yourself. Also covered are food safety, calorie awareness, and the effects of container size, design, and proximity on eating habits.



## **Functional Training: A Focus on Everyday Activities**

Most of us believe that by performing the typical resistance and flexibility exercises to our fitness regimen are all we need to help keep our muscles and bones strong and to reduce the risk of injuries. This workshop will help explain the origin of functional movements, identify differences between “Traditional” and “Functional” exercises, and how to integrate the two.

### ***go* – Get Outside!**

As part of the *go* campaign, HMSA is encouraging us to “get up, get out, and get active!” In keeping with that theme, this session focuses on Hawaii’s ideal environment for outdoor fitness. Join us to discuss swimming, hiking, and biking, and all the fun to be had with these activities. Find out where to *go*, who to *go* with, and how to *go* best-prepared.

### **The Magic Bullet**

Many of us would like to enhance our level of fitness, but either can’t find the time for exercise or don’t know where to begin (or both.) Join us to discover all the ways that exercise can be of benefit to us, and learn safe, simple steps to get on a routine. We’ll cover equipment that you may want to purchase for home-based workouts...we’ll discuss proper footwear... and we will also practice monitoring our heart rate as a means of gauging workout intensity.

### **Mind your Muscles**

Are you a physically active person who would like to further improve your fitness? In this session, we focus on the conditioning of our muscles. We start by reviewing basic muscle anatomy, and then we discuss ways to get stronger and more flexible. Attendees will receive a free resistance band, and we will perform strength training exercises along with some stretches. Group size is limited to no more than 20.



## Meditation

This quiet and restorative workshop is a natural outgrowth of the popular *Take a Look at Stress* presentation. In it you will explore five techniques of meditation through visualization, affirmation, mindfulness, sound, and fragrance. Modeled on the work of Harvard cardiologist Herbert Benson, M.D. this class helps you to find a technique of relaxation most suitable to your abilities and demeanor.

## Music and Health

Music, laughter, and dance have all been clinically proven to have positive long-term effects on health. This lively workshop explains the nuts and bolts behind the healthful benefits and invites you to laugh, hula, and sing your way to better relaxation, mental calm, and overall enjoyment of life.

## Take a Look at Stress

Discover the sources of stress and learn to apply some simple yet highly effective breathing techniques (including laughter!) that are practically guaranteed to reduce stress symptoms.



## Preventive Childhood Obesity

Obesity is the single most widespread health problem facing our children... and the most preventable. Did you know that children today are the first generation that may actually have a *shorter* lifespan than their parents? In this workshop, we'll take a closer look at how obesity has reached epidemic levels, and more importantly, how we can adopt a preventive approach to helping our children. Join us as we examine the health consequences of child overweight, identify the leading causes of overweight in youth and explore prevention and intervention strategies for parents. Protect your child's health: equip yourself with a toolkit full of information, tactics and resources to ensure your child is healthy, fit, and happy!

## Family Fitness

Do your kids spend too much time in front of the TV or computer? How about you? Keeping active doesn't have to be a solo effort – get the whole family involved and make it fun! In this session we will explore age-appropriate exercise for children of all ages, and locate the many “fun spots” on Oahu that involve physical activity. Creating a healthy family environment might be easier (and more enjoyable) than you think.