



pathways to  
smartcare

## SmartCare Sessions

*These powerful sessions are designed to educate and empower individuals to take control of their health and wellness at work and at home. The first step to a healthy lifestyle is education. With all of the medical misinformation in circulation, it is important to have health care professionals advising people of their options. Typically, these sessions are one hour. Every topic can be tailored to fit the special needs of your employees.*

***This list is not inclusive...Please let us know what topic we can present to your group!***

### **General Health and Wellness:**

The 4 Essentials of Health	There are 4 essentials to health and life itself-Oxygen, Food & Water but what is the 4th? Without this essential function your body becomes diseased, malfunctions, and eventually dies. In this informative talk you get to learn the basics of how your body works and what you can do to help it achieve long-lasting wellness.
State of Affairs: A look at the Overall Health Picture in the United States	This program analyzes health and disease care in the US and demonstrates how to become self reliant, self sufficient and knowledgeable when caring for your Family's health. The role of the body's innate intelligence is discussed in detail.
Power Nap	The Importance of Sleeping in Achieving Overall Wellness
Developing and Tailoring an Individual Health Plan	This discussion teaches the listener how to map out a sensible long-term health improvement and weight reduction plan.

### **Financial Wellness:**

Take Charge of Your Future!	Strategies and innovative methods to make individuals knowledgeable consumers and careful decision makers regarding personal finance. Addresses the "Credit Score" Mystery, the Myths of Debt Management, and Dreams Don't Retire!
Options in Senior Health Insurance	The presentation addresses the many facets of healthcare coverage and options available to seniors and retirees.
Understanding Your Health Benefit	A customized presentation with Q & A for employees to review in detail their Health Plan Schedule of Benefits.
Maximizing your Flexible Spending Account	A customized presentation with Q & A for employees to educate on the correct use of Flexible Spending Accounts, including filing claim forms and managing expenses.
Understanding Your Medicare Options	A detailed review of Medicare plans available in the region, including a review of hospital networks and schedule of benefits.

### **Fitness:**

Wellness is a Journey and a Destination	Beginning and maintaining a wellness program embraces fitness and nutrition. How to get started!
Get Active! Get Outside!	There are many ways to keep fit while enjoying the outdoors! Exploring the benefits and opportunities of "working out"--outside!
Stay Fit While You Sit!	No excuses! A discussion and demonstration of the many exercise techniques to keep fit while you sit!
Making your Exercise Equipment Work For You!	An orientation to Fitness Equipment. The benefits derived from different types of fitness equipment is explained through demonstration. An overall workout is presented.
Work out at Your Work Station!	You don't need exercise equipment to work out. There are ways to stay fit and reduce stress at your work station.
7 Secrets to Fast Fat Loss	The key to a fit and healthy life is NOT weight loss-it's FAT loss. By losing the fat on our body we can not only look and feel our best, but we can also live a much healthier life. So get ready because you will learn how you can experience fast fat loss
How to Eliminate the 3 Excuses Preventing You from Having the Fit, Sexy Body you Desire	The 3 major excuses:1) no time to exercise;2) no money to join the gym or buy fancy equipment;3) no energy left when I get home from work. Stop lying to yourself, and tackle these 3 challenges. Let's Go!



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### ***Integrative and Complimentary Approaches to Wellness:***

An Exploration of Acupuncture and Chinese Medicine	This program will introduce the philosophy that underlies the art and science of acupuncture. Topics to be explored include qi (pronounced 'chee'), meridians, the five energetic phases of life, diagnosis and treatment. Handouts will be provided and reading materials will be suggested. Demonstrations will be given. Questions and curiosities are welcome
Let's Get To The Point of Acupuncture	During this one hour presentation we will explore the art and science of acupuncture. The concepts and philosophies which underlie acupuncture will be presented, as well as, demonstrated. Diagnosis and treatment planning will be discussed; questions and curiosities are welcome.
It's Time For A Massage!	Learn basic massage strokes and a seated chair massage routine that you can use to relax and refresh your friends and co-workers...maybe they'll do the same for you!
Guided Meditation/Imagery for Stress Reduction	Introductory presentation for those who are intimidated by the work "meditate". Experience relaxing every part of your body and then letting your imagination take you to a safe and special place where all your stresses disappear!

### ***Legal Issues:***

Identity Theft	According to the Better Business Bureau, in 2004, one in every 25 adults were victims of identity theft. Identify theft has been the fastest growing crime the past three years. What are the common types of identity theft? Why are you at risk?
Tax and Estate Planning	A discussion on tax and estate planning and related legal agreements. An explanation of wills, trusts, guardianships and tax savings available with proper estate planning.

### ***Mental Wellness:***

Solutions on Stress(SOS Seminars)	For people who because of job demands or life itself may be experiencing things like low energy, moodiness, headaches, getting sick frequently and difficulty staying focused.
The Healing Power of Sound	An interactive session which combine breathing, pulse, tonal vibrations, and the sound of your own voice to enliven the healing energies within and around you.
Maintain Your Brain	Good health starts with your brain. There is growing evidence that your lifestyle choices can affect your brain health.
Drug/Alcohol Awareness	A discussion of the common drugs on the street, in the schools, and in the workplace. The law and consequences of drug and alcohol abuse.
Reducing Stress In The Workplace	An overview of common repetitive injuries in the workplace, ergonomic corrections, stretches and daily dietary modifications that reduce physical and mental stress during the work day.
Managing the Stress In Your Life	How does stress affects your work and your health? Learn what lies behind the physical stresses that cause your body to be sick and what can be done about it without drugs and expensive surgery.

### ***Nutrition:***

3 Myths About Healthy Eating	A motivating educational experience for the individual or couple who are interested in actively changing their lifestyle.
Healthy Kids	For parents who want to ensure optimal health for their children and avoid the common side-effects associated with poor eating habits such as frequent illness, low energy, sugar cravings and moodiness.
Eating Healthy In A Junk Food World	Good nutrition is important to good health, a strong immune system, and disease prevention; fresh raw fruits and vegetables are critical to good nutrition.
A Guide to Natural Foods	Nature provides your ingredients to good health and optimal wellness. An introduction to many natural foods with healing and regenerative powers.
Discover the Path.....to the Mediterranean Lifestyle	The Mediterranean diet isn't a diet-it's a way of life. Healthy eating habits and activities are presented to control portions and prevent stress-induced binge eating.



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### **Physical Wellness:**

Headaches and Migraines	What are they and how do they happen? Is medication the only way to alleviate the symptoms or is there a practical way to get rid of them for good?
How To Work and Lift With Less Strain	Save your body for a less painful life and an active retirement.
RSS ( Repetitive Stress Syndrome)& Carpal Tunnel	Myths and misconceptions. How the real problems develop and the simple things you can do about them.
Listen To The Rainbow	One-hour educational program promoting hearing health care. Education is centered around providing awareness of how the ear works, how to keep hearing well and continues in describing signs and symptoms of hearing loss and demonstrations assistive technology designed to help the deaf and hard-of-hearing function better and/or hear better in every day life. The program reaches out to everyone from 3rd grade to senior citizens to raise awareness of hearing health care and how technology can help those with hearing loss.
Chiropractic Care: The Most Effective and Least Understood Health Care System in the World	This program educates the listener on five major topics:1)The Education and Training of Doctor of Chiropractic; 2)The Initial Visit; 3) The Treatment Plan;3) Reasonable Costs; 5 )Buyer Beware
Whiplash!	The long term effects of improperly treated cervical sprains. This talk focuses on the arthritic changes that occur following acceleration/deceleration injuries
Natural Solutions to Headaches	A discussion of practical and natural solutions to headaches.

### **Safety:**

Don't Be A Target!	A talk to seniors on how to protect yourself and what's important to you.
Dangerous Trends for Children	The internet- a friend or foe? What's on the street today. Do you know where your kids are and who they are with?

### **Women's Issues:**

Help for the Hormonal Hostage	A talk about hormonal fluctuations and the disruption they can cause in a women's life.
Self Defense Awareness for Women	A interactive demonstration with practical ideas to keep safe and to protect yourself at home and outside of the home.
Take Time For Yourself ! You Deserve It!	Beauty is a reflection of inner health and wellness. This interactive presentation introduces positive ways to reduce stress and tension to reveal your inner beauty.
Nature Can Help You Look Younger	Nature provides many botanical ingredients to keep your skin healthy and looking younger. A discussion on the natural healing and regenerative power of various natural products that lead in the fight against skin cancer and anti-aging.
Breast Cancer Awareness	Are you at risk for Breast Cancer? A positive discussion on breast health with a focus on breast cancer prevention, early detection and treatment options.