

## HealthFax Presentation List

ABC's of Healthy Eating/Nutrition Overview  
A Laugh a Day Helps Keep the Stress Away  
Arthritis & Fibromyalgia  
Asthma Overview  
Avoiding Burnout  
Belly Fat & Blood Pressure  
Benefits of Exercise  
Blood Pressure  
Boost Your Mood  
Building Resiliency  
Cancer Overview  
Cervical Cancer  
Chair Exercises  
Cholesterol Counts  
Cholesterol, Diabetes, & Nutrition  
Conflict Resolution: Dealing with Difficult Personalities in the Workplace  
Cooking on a Budget  
Cooking the Healthy Way  
Communicating with Words  
Coping with Difficult Behaviors  
Creating a Healthy Workplace  
Depression  
Diabetes  
Diets - Why Diets Don't Work/Diet Myths  
Eating for a Healthy Heart  
Eating Well for the Holidays  
Ergonomics  
Exercise & Fitness  
Exercising Using Resistance Bands (with interactive exercise demonstration)  
Diabetes...Are You at Risk?  
Diabetes Management  
Diet Myths  
Easy Ways to Eat Right and Stay Healthy  
Eating Disorders  
Effects of Fast Food  
Endocrine System Diseases and Disorders  
Exercise & Fitness  
Exercise & Fitness for Your Body & Mind (with interactive exercise demonstration)  
Fitness & Sun Safety

Flu Prevention  
Food Safety  
Foods that Fight Stress  
Get Organized  
Getting a Good Night Sleep  
Getting to Know Fitness Technology  
Getting What You Need  
Good Dental Health  
Great Teamwork  
Headache & Stroke Awareness  
Healthful Living: Eating, Exercising, & Sleeping for Good Health  
Healthy Aging  
Healthy Eating & Cooking on a Budget  
Healthy Eating & Exercise on a Budget  
Healthy Eating for the Holidays  
Healthy Holidays  
Heart Disease and Hypertension  
Heart Health  
High Blood Pressure  
Holistic Health  
Improving Communication Skills  
Immunizations and Flu  
Irritable Bowel Syndrome  
It's Getting Hot in Here - menopause management  
Lifestyle Change  
Managing Change  
Managing Career Success  
Melanoma  
Men's Health  
Mind, Body & Spirit  
Mindful Meditation  
Nutrition at Your Fingertips (with Interactive Tools)  
Nutrition for Adults  
Nutrition for Children  
Optimizing Your Exercise Routine to Lose Weight  
Pain Management  
Preventing Cancer  
Prevention of Disease = Promotion of Health  
Prostate Cancer  
Reducing Your Risks for Heart Disease  
Resolve to Get & Stay Healthy

Skin Cancer Basics  
Smart Snacking  
Smoking Cessation Overview  
Staying Healthy During Pregnancy  
Staying Healthy for the Holidays  
Stress Management & Healthy Minds  
Stress Management During the Holidays  
Stress Management and Sensitivity to Others  
Substance Abuse Prevention  
Summer Safety  
Super Foods  
Super Foods & Super Moves  
The Communication Model  
Thyroid Health - What Everyone Should Know  
Time Management  
Violence in Schools: Issues, Impact, Action  
Vision Care  
Weight Management...Eating & Exercise for Good Health  
Women's Health  
Yoga