

2016 Seminars

Month	2016 Title	2016 Topic
January	Meal Planning Without the Meat	Go meatless for one day a week! Learn about cooking vegetarian and vegan meals, how to replace your protein when you eat less meat and how to make the change to your diet in a smart way. You'll find inspiration for meals the whole family will love!
February	Life's Simple 7	The American Heart Association (AHA) recommends 7 lifestyle steps to improve your heart health. The steps are not expensive to take and even small improvements to your health will make a big difference. Start with one or two. The AHA created this simple, 7-step list to help people take steps to protect their heart and live healthier. Try it! http://www.reuters.com/article/2015/04/13/us-workplace-health-heart-idUSKBN0N425520150413 http://mylifecheck.heart.org/mobile/simple7.aspx
March	Cleaner and Greener	There's a lot to think about when you shop for home and personal cleaning products. What's it cost? Will it work? And does it harm the environment. People want to know more about what's in these products and how they might affect their health. Learn what the EPA's Safer Choice label means for your health and safety.
April	Beating Barriers to Change	You want to make a change. You're motivated, you have a plan, you get started. And something gets in the way. These are barriers. This seminar will help you identify these barriers and make a plan to overcome them.
May	Lowering Stroke Risk	Too young to have a stroke? Think again. While 75% of strokes happen to people 65 and older, strokes can and do happen to younger people. Learn the lifestyle choices that minimize your risk of stroke and how to recognize the signs using F.A.S.T.
June	Better Health, Less Money	You don't need to have a lot of money to live healthier. Learn budget-friendly ways to improve your health. From workouts that don't cost a dime, to mega-healthy meals for pennies, you'll learn ways to live healthier without breaking the bank.
July	Play Hard	Being active doesn't just mean sweating it out in the gym. Learn how to use play to get your exercise (with or without kids).
August	Knowing the Alternatives	People have strong opinions about alternative therapies and what's called "complementary medicine." Learn the basics and find out what the science says about popular alternative approaches.
September	Stay Sharp	More and more people are focusing on "brain health." With this seminar, learn what the research says about activities to boost your brain (crosswords, apps, memory games).
October	Fall in Love with Harvest Foods!	Check out the best foods from the fall harvest and learn ways to make the most of them. From easy-to-make soups to apple crisps, get your fall flavor on the healthy way!
November	Being Mindful While Being Thankful	It's a busy -- and often stressful -- time of year. Learn how mindfulness and other stress management techniques can help you remain calm and focused.
December	Healthy Holidays!	Healthy eating and happy holidays can go together. Learn how a few small changes can make your holiday dishes healthier, get tips on staying in control at parties and enjoy the season without the guilt!