

SPEAKERS BUREAU



Health
Dimensions®

Speaking of health...

Every Health & Lifestyle Expo that Health Dimensions coordinates is followed by a full year of free quarterly lunchtime speaker programs. We offer a wide variety of lunch-hour programs for the purpose of improving employee health, morale and motivation. Our goal is to bring self-responsibility skills to the workplace in a unique, skillful and professional format designed for maximum interest and interaction. That's why we call it a "Year of Better Living!"

Here is a sampling of seminars and general topics available from our Lunch and Learn Speakers Bureau:

Dental Health – learn what foods to eat for optimal oral health, and how oral health is a major contributor to total wellness

Eldercare – options for children of aging parents, and information about dealing with the diseases associated with aging

Exercise & Fitness – review fitness goals and techniques, learn how to incorporate a fitness routine into any busy schedule

Family Finances – information on debt cancelling, family budgeting, credit score info, planning for your financial future

Homeopathic & Alternative Medicine – information on herbal remedies, alternative treatments such as acupuncture, reflexology, biofeedback, and more

Nutrition/Weight Control – learn how to create a healthier diet and incorporate balanced nutrition into a busy lifestyle

Personal Development – learn how to set and achieve goals, improve self-awareness, fulfill aspirations, and/or develop talents

Personal Health – information on how to achieve a healthy work/life balance, and/or get help with unhealthy habits or addictions

Safety/Ergonomics – discussions on workstation wellness, staying alert on the job, and injury prevention

Skin Care – how to protect and maintain your body's largest organ for overall health

Stress Management – learning to relieve tension, eliminate toxins, cope with and reduce stressors for better overall health

Vision Health – learn how to identify potential vision problems and protect vision from damaging environmental factors

Vacation Ideas – ideas for stress-relieving get-aways, trip planning, and great deals