



Lunch & Learn PRESENTATIONS

HealthFax offers a wide variety of topics for our 1 hour Lunch & Learn Presentations. Choose from our "Ready To Go" programs or have us design a custom program for your group. Our speakers are knowledgeable, personable and excellent communicators. Cost: \$300.00

ABC's of Healthy Eating/Nutrition

Overview
Arthritis & Fibromyalgia
Asthma Overview
Avoiding Burnout
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
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 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
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
Preventing Cancer
Prevention of Disease = Promotion
of Health
Prostate Cancer
Reducing Your Risks for Heart
Disease
Resolve to Get & Stay Healthy
in 2015
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