

Heart Screen now offers **more workshops** on a larger variety of issues by outstanding speakers. Choose from these, or **let us suggest** one to fit your group's needs.

NUTRITION

- Alcohol
- Beauty Secrets You Can Eat
- Breakfast Tips
- Caffeine
- Calories Do count
- Children and Obesity
- Cut the Fat
- Cutting Cravings
- Dieter's Prayer
- Diets Don't Work
- Dining Out
- Eating Basics
- Fad Diets
- Fast Food
- Fibers: A Key to Losing Weight
- Five a Day
- Food Labels
- Food vs. Dieting
- Getting Your Motor Running
- Good News About Chocolate and other comfort foods
- Herbs and Spices for Health
- Hunting for Real Food at the Supermarket
- Let's Talk About REAL Food vs. Dieting
- Kicking The Sugar Habit
- Fats & Oils: Margarine vs. Butter
- Navigating the grocery aisles
- Packing a Healthy Lunch
- Phytochemicals Galore! Eating Your Fruits and Veggies
- Portion Distortion
- Salt and Hypertension
- Secrets for Speeding Your Metabolism
- Shopping the Supermarket for Nutraceuticals
- Smart Fast Foods
- Snacking, Dining Out and Being Flexible
- Special Foods for Women: Soy, Flax, Beans, Leafy Greens
- Stabilizing Your Blood Sugar
- Supersize Your Meal, Not yourself
- Sweetness without Added Sugar
- The Perfect Lunch
- The Right Balance Between Protein, Carbohydrate and Fat
- Understanding the Food Guide Pyramid
- Vending Machine Savvy
- What Causes Obesity
- What's Your Eating IQ?

ALTERNATIVE MEDICINES

- What is Alternative Medicine
- Massage
- Aromatherapy
- Pets & Your Health
- Magnets
- Ergonomics
- Smoking
- Cigars
- Alcohol
- Preventing Infection

HEALTH

- Blood Pressure and Cholesterol
- Heart Healthy
- Women's Heart Health
- Cholesterol
- Heart Disease
- Diabetes
- New Diabetes Guidelines
- Blood Pressure

FITNESS

- Getting in Shape
- Body Fat
- Reducing Body Fat
- Grip Strength
- Move it or Lose it
- Exercising in the Zone
- The Master Plan
- Basic Exercise Programming for Older Adults
- Balance, Fall Prevention and Mobility—Guidelines for Physical Activity for Older Adults

STRESS REDUCTION & MENTAL HEALTH

- Dealing With Time Pressures
- Developing a Low-Stress Lifestyle
- Getting Adequate Sleep and Rest
- Financial Worries
- Nutrition and Stress
- Relaxation
- Stress Signals
- Stressors
- What is Stress?
- Developing a Low-Stress Lifestyle
- Emotional Eating
- The Food Guide Pyramid
- Nutrition and Health
- Substance Use
- Finding more time and less stress with goal setting

WOMEN'S HEALTH

- Breast Diseases
- Osteoporosis
- Women's Heart Health
- Black Women & Heart Health
- Women & Heart Disease

MEN'S HEALTH

- PSA
- Pain Management
- Stress Management
- Second Families
- Heart Attack Risk
- Impotence

ALTERNATIVE MEDICINES

- What is Alternative Medicine
- Massage
- Aromatherapy
- Pets & Your Health
- Magnets
- Ergonomics

ANGER MANAGEMENT

- Attitude is Everything
- Healthy Communication
- Anger: Past, Present & Future
- Women and Anger: The Sources and Solutions
- Men and Anger: The Sources and Solutions
- Grief: Healing From Our Losses
- Perfection in an Imperfect World
- Who Am I Really
- Boundaries in the Workplace
- Balancing

TIME MANAGEMENT:

- How to achieve more with your time
- How effectively do you use your time?
- Finding more time
- What to do with more time

FAMILY ISSUES

- Healthy Aging
- Memory Loss
- Senior Moments
- Stress reduction
- Your Pharmacy