

HEALTH WORKSHOPS

2018 • 2019



FREE Health Workshops

United Way is fighting for a healthier, more resilient community by promoting healthy eating, physical activity and offering programs to increase healthy lifestyles and improve health.

Workshop topics (presented by a Certified Health Educator):

- Lowering Cholesterol without Drugs...and is it really necessary?
- Healthy Hearts (*What to do to keep your heart-and brain- healthy*)
- Searching for the Sandman
- How to Stop Smoking Now and Forever without drugs
- Bodycare from the Inside-Out
- Cancer Prevention for Today and Tomorrow
- Managing Your Stress
- Preventing Food Borne Illnesses
- Diabetes Prevention/Management
- Eating for Health and Performance
- Preventing Trips and Falls (Oops....!)
- Preventing or Managing Arthritis
- Our Memory and How to Improve it

To attend or host workshops at your location, please contact Michael F. Edwards, MA, CHES at medwards@uwbrevard.org or call 321- 631-2740.

Changing Lives and Strengthening Communities

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