



Government Employees Health Association

# Worksite Well-being Presentations

## Presentations and webinars for your agency

Improving the health and well-being of your employees can enhance their performance at work. Our webinars include helpful information on all facets of well-being, including mental, emotional, and physical health. Contact your Account Manager to learn more about bringing these presentations to your agency.

# Physical Activity

## Exercise for a Busy Life

Don't let a busy life be a barrier to your well-being. Join us for this transformative webinar and unlock the secrets to a healthier, fitter you. You will receive practical strategies to help you integrate effective workouts seamlessly into your hectic routine.

## Exercise for the Family

Staying active as a family can create lifelong habits for youth, including learning to value a healthy lifestyle and incorporate physical activity are. It's also an inexpensive way to create a consistent family routine and give something for your family to look forward to participating in together. This presentation will provide a review of physical activity recommendations for youth and the health benefits of participating in physical activity. You will also be led through a 10-minute exercise routine, practice relaxation breathing and get resources to help you on your journey to better health!

# Mental and Emotional Well-being

## Coping with Stress at Home

We often hear about stress at work. But what do we do when that stress is in our own homes? Participants will learn what conflict at home can look like, how to improve communication skills and tips for preventing stress with healthy habits.

## Finding Your Why

Have you ever felt stuck or uncertain about your life's direction? Join us for an inspiring webinar on "Finding Your Why," where we'll guide you on a journey of self-discovery to unveil your true purpose and ignite a sense of passion and fulfillment. In this webinar, you will learn how identifying your purpose can serve as a powerful compass, guiding you to set meaningful and achievable goals in both your personal and professional life.

## Mental Well-being: Suicide Awareness

Suicide is a serious public health problem that can have harmful effects on those left behind, including individuals, families, and communities. This presentation covers signs of depression, suicide awareness and prevention.

## **Mindfulness: Finding Peace in the Present Moment**

In our fast-paced world, the art of mindfulness offers a powerful antidote to stress, anxiety, and the chaos of modern life. Join us for an enriching webinar, “Mindfulness - Finding Peace in the Present Moment”. Whether you’re new to mindfulness or seeking to deepen your practice, this webinar promises valuable insights and tools for a more centered and peaceful existence.

## **Rising Strong: Building Resilience for Life’s Challenges**

Join us for the “Rising Strong - Building Resilience for Life’s Challenges” webinar. Life is full of ups and downs, and it’s our ability to bounce back from setbacks that truly defines us. Whether you’re facing a specific challenge or seeking to fortify your inner strength, this webinar will equip you with the tools and mindset to rise above adversity and emerge stronger than ever.

## **Stress Management**

Feeling overwhelmed by the demands of everyday life? Join us for an insightful webinar to explore practical strategies and expert insights to help you regain control, find balance, and foster a sense of calm in the midst of life’s challenges. Stress is unavoidable, and its emotional effects can be profound. You will gain a deeper understanding of how to recognize your body’s responses to stress and valuable coping skills that will enable you to prioritize tasks, set realistic goals, and create a schedule that minimizes stress and maximizes productivity.

## **Well-being Through Meditation**

Learning to manage stress can lead to a happier, healthier life. In this presentation, you will discover multiple coping skills through meditation. Choose from:

- Autogenic training
- Biofeedback
- Body scan
- Chakra
- Diaphragmatic breathing
- Guided imagery
- Metta meditation
- Progressive muscular relaxation
- Mantra meditation
- Walking meditation

You will also learn how to incorporate meditation strategies into your everyday lifestyle.

## **Winter Blues**

As winter approaches, do you find yourself grappling with the seasonal blues? Join us for an enlightening webinar where you will learn practical tips, expert insights, and uplifting strategies to help you maintain mental and physical well-being during the colder months. Utilizing the elements of well-being, you will leave with the tools to thrive, no matter the season.

## **General Health**

### **Balancing Act: Thriving with diabetes**

Join us for “Balancing Act: Thriving with Diabetes” and take the first step towards not just managing diabetes but truly thriving in your life. Whether you are newly diagnosed or have been living with diabetes for years, this webinar will provide you with the knowledge and inspiration you need to lead a healthier, more vibrant life. Don’t miss this opportunity to take control of your diabetes journey and discover the keys to long-term success.

### **Beyond the Numbers: Your Guide to a Vibrant and Healthy Life**

Your health is not just about numbers on a chart. It’s about your vitality, well-being, and quality of life. Join us for the webinar, “Beyond the Numbers - Your Guide to a Vibrant and Healthy Life,” where you will gain confidence in connecting with healthcare professionals, making informed health decisions, and fostering a balanced lifestyle.

### **Cancer Unveiled: Empowering Knowledge for Health**

Cancer affects millions of lives worldwide, directly or indirectly. Join us for the “Cancer Unveiled: Empowering Knowledge for Health” webinar, where we will demystify cancer by providing you with the knowledge and tools needed to make informed decisions about prevention, early detection, treatment, and support.

## **Dental Wellness**

Healthy teeth and gums contribute to overall health and wellness. Maintaining good oral health is an important first step to total body wellness. In this presentation, you will learn about dental health risk factors and issues. You will also discover treatment strategies for certain dental issues and prevention tips that can be incorporated into your daily routine.

## **Health Literacy**

Are you confused with your medical care, medication dosages, or communication processes with your health results? In this webinar we will navigate how to get the most from your healthcare services and be your own medical advocate.

## **Keeping the Beat: Your Heart, Your Health, Your Future**

Join us for our “Keeping the Beat: Your Heart, Your Health, Your Future” webinar. By attending, you will have a comprehensive understanding of heart health, including risk factors, prevention strategies, and lifestyle changes to promote a healthier heart. This webinar will empower you with actionable steps to take charge of your cardiovascular health and ensure a healthier future.

## **Men’s Health**

Attention gentlemen! Join us for a dynamic webinar where we’ll delve into crucial aspects of physical and mental well-being. You will learn about common health issues affecting men, including heart health, cancer concerns, and you will discover preventive measures for a proactive approach to optimize your health.

## **Overuse of Opioids**

Opioid addiction has become a pressing public health crisis, affecting individuals and communities across the world. This informative webinar will provide a comprehensive understanding of opioids, their effects, and the steps we can take collectively to address this crisis. You will gain valuable information and guidance to navigate the complexities of opioid use, misuse, and recovery.

## **Preventing Falls as we Age**

Falls can happen anytime to people of any age. However, the fear of falling becomes more common with age, and can lead to avoidance of activities. But don’t let a fear of falling keep you from being active. Join this webinar to learn effective ways to stay active, maintain your health and prevent future falls.

## **Stronger, Healthier, Happier: Musculoskeletal Health**

Join us for an informative webinar, “Stronger, Healthier, Happier - Musculoskeletal Health,” where we explore the essential aspects of caring for your bones, muscles, and joints. Whether you’re looking to prevent musculoskeletal issues or seeking ways to improve your existing condition, this webinar is your guide to a healthier, happier you.

## **Summer safety: Protecting Your Fun in the Sun**

Summer is a season of fun and adventure, but it’s also a time when the sun’s rays can be scorching, and the heat can pose serious health risks. Join us for an informative and interactive webinar that focuses on essential tips and strategies to keep you and your loved ones safe during the summer months.

## **Teleworking and Ergonomics**

Join us for an eye-opening journey into ergonomics and take the first step toward creating a space that's as comfortable as it is productive. You will discover the profound impact ergonomics has on your health and productivity, and how you can apply its principles to your work, study, and everyday life. By the end of this webinar, you'll have the knowledge and practical insights to optimize your environment for maximum comfort and productivity.

## **Unlocking the Secrets of Brain Health**

Your brain is your most precious asset, and its health impacts every aspect of your life. Join us for an illuminating webinar, "Unlocking the Secrets of Brain Health," where you'll discover the keys to maintaining and enhancing cognitive well-being throughout your life. Whether you're interested in preserving your cognitive function, preventing age-related decline, or optimizing your brain's performance, this webinar has something for everyone.

## **Vaccination Station**

Journey through the recommended immunizations from birth to older adulthood. You will learn what vaccines and immunizations are, how they work, and when to get routine immunizations. The first step towards better health for you and your community is being informed, so all aboard at vaccination station!

## **Vision Health and Wellness**

Our eyes are our window to the world. Join us for this enlightening webinar and empower yourself with the knowledge and tools for lifelong vision health. You will gain insights into the fundamentals of eye anatomy, common vision issues, and the importance of regular eye examinations for overall well-being. Practical techniques to reduce eye strain, including the 20-20-20 rule, will also be shared.

## **Women's Health**

Don't miss this opportunity to prioritize your health! You will learn about common health issues affecting women, including heart health, cancer concerns, and you will discover preventive measures for a proactive approach to optimize your health. Join us for this empowering webinar and gain the knowledge and tools to make informed decisions about your well-being.

# Financial Wellness

## The Connection Between Financial & Mental Wellness

The connection between financial health and personal health is stronger than you may think, and the stress resulting from financial challenges is often chronic. Individuals have a set of attitudes, values and beliefs regarding money, both positive and negative. During this presentation, you will learn how to examine your beliefs, adjust your mindset, and establish a personal philosophy around money management and personal growth.

## Healthy Habits

### New Year, New You: A Well-being Revolution

New Year, New You: A Well-being Revolution” is more than just a webinar; it’s your blueprint for a transformative year ahead. In this comprehensive webinar, we’ll explore the key elements of holistic wellbeing and help you craft a personalized self-care plan. By attending, you’ll gain the knowledge, resources, and motivation to make 2024 your best year yet.

### Effective Communication for Different Personalities

Have you ever wondered why you work really well with some people and seem to clash with others? Why can you predict how some colleagues will react to situations while others catch you off guard? In this presentation participants will learn how to better understand personality types and effectively engage with others, even when you may not share the same perspectives.

### Elements of Well-being: Finding Balance

Well-being is a continual process rather than a goal to reach. In this webinar, you will learn about each of the eight elements of wellness and how they enable you to achieve balance and maintain well-being.

### Holiday Health Essentials: A Guide to Thriving During the Season

The holiday season can often be a source of stress, especially when you’re striving to maintain a healthy lifestyle. Join us to discover strategies for savoring the holidays while staying committed to your health objectives. This webinar will cover holiday planning, prioritizing your health goals, staying active and healthier alternatives for your beloved holiday dishes.

## **Nourish Your Mind Body and Spirit**

The connection between our mind, body and spirit can improve our well-being. This presentation will focus on physical wellness and the importance of good nutrition. We will also focus on emotional and intellectual wellness with tips on meditation and mental stimulation. Lastly, we'll discuss tips for social wellness and our spiritual wellness, including kindness, gratitude, and aromatherapy.

## **Practicing Gratitude for Improved Well-being**

Embark on a journey of self-discovery and well-being with us. Join this transformative webinar and discover how the simple practice of gratitude can be a powerful catalyst for positive change in your life. You will learn practical techniques and insights to weave gratitude into your daily life for a more fulfilling and resilient sense of well-being.

## **The Power of ZZZs: Tips for a Restorative Night**

Join us for a captivating webinar, "The Power of ZZZs: Tips for a Restorative Night," where you'll discover the secrets to unlocking the rejuvenating potential of a good night's sleep. We will delve into the science of sleep, share practical strategies to overcome common sleep challenges, and provide valuable insights into improving your sleep hygiene and overall lifestyle.

## **Time Management**

Time management is an efficient coping skill for mitigating stress. In this webinar, you will learn why we want to mitigate stress, and how we can work on time management to do so. We'll talk about planning, scheduling, delegating, and more!

## **Tobacco Cessation**

Don't let tobacco control your life any longer. Join us for this empowering webinar and take the first step toward a healthier, smoke-free future. You will learn about the health risks associated with tobacco use, including the effects on respiratory health, cardiovascular wellness, and overall well-being. Valuable resources for quitting will also be provided.

## **Well-being Digital Trends**

Healthcare and technology go hand-in-hand. New advances have vastly increased how people can connect and manage their health. In this presentation participants will learn how mobile health apps are improving our lives and overall well-being, and how to access these wellness apps to help make healthy living habits permanent while reducing stress in the age of speed.

# Nutrition and Food Demos

## Aging Gracefully Naturally

Aren't we all trying to stay as youthful as possible, mind, body, and soul? With youthful energy, youthful skin and less aches and pains that come with age, GEHA's Registered Dietitian will walk through some helpful tips to keeping you living your most youthful life.

## Eating Healthy on a Budget

No matter what your budget is, we all need to keep eating healthy as a priority and within our priced budget. In this webinar we talk about foods that are staples in your kitchen. In this webinar GEHA's Registered Dietitian will provide useful answers and strategies that will guide you in the right direction on eating healthy on a budget.

## Fighting Inflammation Naturally

Inflammation in your body can lead to a variety of health issues. In this presentation, you will learn how to fight inflammation naturally through nutrition. This includes what kind of foods cause inflammation, what foods reduce inflammation, and how to apply this information to your own nutrition and diet.

## Fighting Sugar Addiction

Do you get frequent headaches, feel tired, have cravings, muscle pain, nausea, bloating and even insomnia? If sugar cravings feel uncontrollable, chances are you are fighting a sugar addiction. You could be addicted to sugar. And you're not alone! Fighting the sugar addiction is hard and it's real. In this webinar we will talk about how this addiction is affecting your body and life. We will give you tips, resources, to help you fight the addiction and answer any of your questions to give you support to make changes.

## Food for Thought: Boosting Mood Through Nutrition

Join us for the "Food for Thought: Boosting Mood through Nutrition" webinar. By attending, you will gain a deeper understanding of how nutrition and lifestyle choices can positively impact your mood, emotional and physical well-being. You will also be equipped with practical tips and strategies to incorporate these changes into your daily life for a happier and healthier mind and body.

## **Forks without knives: Plant-based eating**

No matter your nutrition goals, adding plant-based foods to your diet is a great way to improve long-term health and maintain a healthy weight. Whether you are curious about vegetarian and vegan eating, or simply want to know how to increase your intake of plant-based foods, this webinar will provide useful answers and strategies that will get you moving in the right direction.

## **Fueling Your Workday**

The workplace can create challenges to your nutrition and your health. Join this webinar to learn how to incorporate healthy nutrition habits to keep you energized and productive through the day!

## **Game Changing Nutrition Hacks to start the New Year**

Is it hard to stay consistent with healthy eating? Are you not sure where to start or what to eat? Is it difficult finding time in your busy lifestyle? You are not alone - everyone wants the nutrition hacks to make things quick, easy, and healthy. Join us as we help break down the daily struggles and help you keep consistent!

## **Healthy Alternatives for Simple Substitutes**

Simple substitutes in the food we eat can lead to bigger results. In this webinar we will look at alternatives in some of the common foods we eat to give more nutrition impact, give a healthier alternative, and help give a new perspective on how we grocery shop, cook and eat!

## **Improving Gut Health**

Did you know that your gut health plays an important role in the health of the rest of your body? This webinar we will discuss why gut health is so important and the foods you should incorporate into your daily diet.

## **Jumpstart Your Metabolism**

Do you ever feel like your metabolism has hit a wall? Maybe you've tried everything to lose weight, but instead find you're at a plateau or weight gain and no results? This class will walk through some changes you've experienced and give you helpful tips to jumpstart your metabolism and help guide you to reach goals.

## **Nutrition Tips for a Healthier YOU**

If you're concerned about weight, chronic disease management, or just optimizing your health, this webinar will help you identify simple and gradual changes you can make to add up to major improvements. Join us to identify a step-by-step plan to help you meet your personal wellness goals to live a healthy and quality life.

## **Peak Your Performance**

Do you know how important nutrition and hydration is when “peaking your performance”? No matter if it's a game, race or maintaining healthy lifestyles; nutrition is a key component for keeping your body as healthy as possible. This webinar will discuss nutrition and hydration before, while and after your workout of choice.

## **Make & Take Appetizers**

This presentation is a step-by-step demonstration where we will discuss the importance of balanced appetizers to get the optimal nutrition and energy. These are fun, easy, healthy, and balanced “make and take” appetizers for any gathering!

## **Make & Take Breakfast**

A step-by-step demonstration where we will discuss the importance of a balanced breakfast for optimal nutrition and energy to fuel our day. These are fun, easy, healthy, and balanced “make and take” breakfasts!

## **Make & Take Crockpot Dishes**

Crockpots can be such a lifesaver for those busy lifestyles, let's enjoy some favorite foods in the crockpot in a healthy way. In this food demonstration we will build a healthy meal using a crockpot to encompass all the flavors and health benefit.

## **Make & Take Holiday Entertainment**

Let's enjoy all the holiday favorites but in a healthy way. In this food demonstration we will build dishes that will encompass all the holiday flavors and health benefit.

## **Make & Take Lunchbox**

Join this step-by-step demonstration where we will discuss the importance of a balanced lunch for optimal nutrition and energy to fuel our day. This webinar is fun, easy, with healthy and a balanced recipes for a “make and take” lunchbox!

## **Make & Take Mason Jars**

Power up with all your favorite vegetables, whole grains, and protein in a new way: Mason Jar Salads. In this food demonstration we will build these trendy new salads to get all the flavors and health benefits in one bowl.

## **Make & Take Power Bowl**

Power up with all your favorite vegetables, whole grains, and protein in a new way: power bowls. In this demo we will build these trendy new bowls to get all the flavors and health benefits in one bowl.

## **Make & Take Smoothie**

Do you have fruit or veggies in your refrigerator starting to change shape, but you don't know what to do with it? Are you on the run all the time and need a simple smoothie solution? This demonstration will give you all the tips you need on how to make a balanced smoothie and take it to go!

## **Make & Take Snack**

This presentation is a step-by-step demonstration where we will discuss the importance of balanced snacks for optimal nutrition and energy. These are fun, easy, healthy, and balanced "make and take" snacks!