

## Corporate Training Programs

The classes offered in this program can be offered separately or as a series. The HSCC offers a series of Lunch and Learn Programs as well. After meeting with your company representative and gathering information we can determine which series will meet your company's needs. Some programs address general health and others address stress in the work environment. The topics can address medical questions, mental, physical, emotional questions or just topics of curiosity. Classes can be booked in the suggested series or mixed and matched. Additional topics are being added regularly. If your company has a specific need for topics not listed please request the topic. We work with many local medical and holistic professional in the area to create programs on a frequent basis. We will assist you in every way to meet your educational requests. Thank you for your interest in supporting your employees and clients in their self care needs.

### Program Suggestions

#### Raising Morale with Food and Attitude

- Energy Food- 3 Tips to Eat Right for Energy
- Reducing Stress with Laughter
- I Am What I Say I Am

#### Getting through the Winter Doldrums

- Prepare for the Flu Season
- Avoiding Winter Blues
- Energy Food- 3 Tips to Eat Right for Energy
- Reducing Stress with Laughter
- Boost the Immune System

#### Health Awareness Seminars

- Antioxidants and Free Radicals
- Reading Labels
- Fats: The Good, the Bad and the Ugly
- Healthy Substitutes

#### General Health Promotion

- Relieve Stress Without Taking Time out of Life
- Yes, You can Eat That!
- Boost the Immune System
- What are Medications Depleting from your Body?

#### The Food Series (this series can be ½ hour per topic or 1 hour focus on each topic)

- Additives and Preservatives      Food Allergies: How do you know?
- Reading Labels                      Fats: What's Good and What's Not?
- Energy Foods                        Identify Simple Food Additions
- Healthy Substitutes                Lowering Cholesterol the Old Fashioned Way
- Healthy Carbohydrates            Antioxidants and Free Radicals

#### Proactive Parenting for Healthy Kids

- Packing School Lunches
- Healthy Substitutes
- Energy Foods- 3 Tips to Eat Right for Energy
- Avoiding Foods That Cause Mood Swings
- Food Allergies: How do you know?

### **Transition From Good to Great**

- Starting Calm, Staying Clam
- 5-Minute Stress Manager
- Using Laughter to De-Stress in the Corporate Challenges
- Energy Food- 3 Tips to Eat Right for Energy
- I Am What I Say I Am

### **Claiming Confidence**

- Self Defense or Self Defense for Women
- The Psychology of Self Defense
- Manifesting the Life You Desire
- What is Mindfulness?

### **Kick Start Program For Your Health**

- Detoxify-Multiple Programs
- Boost the Immune System
- Reducing Stress with Laughter
- Pump Up the Fat Burning Machine
- Breathing for What Ails You

### **Being Prepared for Emergencies**

- What is in Your Emergency Kit
- Natural Practice of First Aid
- Disaster Preparedness
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### **Lunch and Learn Mix and Match Program**

- This program gives the flexibility of 4-5 programs

## **Other Program topics**

### **Pull up a Chair Series**

- Basic Health Questions are addressed in the group discussion Q&A form.

### **On site Movement Classes-** 1 hour class, minimum 10 per class, 4 week programs.

- Tai Chi
- Yoga
- Meditation
- Qi Gong
- Stretching
- Chair Yoga