



# Wellness Seminars

Our Wellness Seminars are a convenient and practical way to provide your employees with information on a wide variety of health and wellness topics. These complimentary and informative Wellness Seminars are offered year-round, Monday through Friday, and led by one of our award-winning physicians.

## ➤ How it works:

Let us know a date and time that works best for you and your team and which topic you would like presented. We will work with you on scheduling to ensure the availability of one of our physicians and create the Wellness Seminar presentation, flyer and registration page.

## ➤ How do I schedule a seminar?

Contact Morgan McGahey at:

✉ [MMcgahey@memorialcare.org](mailto:MMcgahey@memorialcare.org)

☎ (714) 943-9406

## Most-Popular Topics:

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- Stress Management
- Healthy Habits for Life
- Superfoods to the Rescue
- Managing Back Pain
- Mental Health Awareness
- Getting Proper Sleep
- Balancing Work & Family

*See reverse side for a full list of topics*

# Available Topics

- Asthma & Allergy Solutions
- Appropriate Preventive Screenings
- Avoiding Exercise Related Injuries
- **Balancing Work & Family**
- Bone Health
- Breast Cancer Awareness
- Cancer Awareness
- **Color Therapy**
- Cold & Flu Prevention
- Controlling Your Cholesterol
- **Cost Control: Where should I go for care?**
- Decoding Nutrition Labels
- **Eliminating Virtual Distractions**
- Food Myths
- **Fighting Antibiotic-Resistant Infections**
- **Getting Proper Sleep**
- Health Benefits of Chocolate
- Humor as a Healer
- **Healthy Habits for Life**
- Heart Disease
- Heart Healthy Eating
- **How to Select a Primary Care Provider (PCP)**
- Making Takeout Healthy
- **Managing Back Pain**
- Managing High Blood Pressure
- Managing Holiday Stress
- **Maximizing Your Immune System**
- Men's Health
- **Mental Health Awareness**
- Prostate Cancer Awareness
- **Skin Cancer Prevention**
- Stroke Education
- **Stress Management**
- **Superfoods to the Rescue**
- The Power of Mindfulness
- Understanding Diabetes
- Understanding Headaches & Migraines
- Women's Health

## \* New or Popular Topic

Don't see a topic you're interested in? Let us know! We will work with our physician team to create a custom presentation based on your team's interests and needs.

