

HEALTH & WELLNESS LECTURES, WORKSHOPS & PROGRAMS

Fitness & Weight Mgmt.:

0-5K Program
5 Weeks To A Stronger 5K program
Active Living Everyday
Body Composition Assessment (Tanita Scale)
Chair Massage
Exercise And Stretching At Your Desk Or Outside
How Can A Fitness Tracker Help Me?
Mat Pilates
Meditation/ Guided Breathing
Metabolic Analyzer
My Fitness Program
Qi Gong
Start And Stick: A Guide On How To Start And Stay With Exercising
Stretching
Tai Chi
Using Your Heart Rate To Maximize Your Fat Loss Goals
Vo2Max
Workday Warmup
Yoga
Zumba

Nutrition:

Nutrifit – Nutrition And Diabetes Program
1:1 Dietitian
Cooking Classes/ Demos
Creating A Balanced Plate
Creating Your Meal Plan
Desk Top Dining
Discovering Added Fats And Sugars In Your Diet

Eat Healthy, Be Active
Eating Well On The Go
Fad Diets
Foodwise Part 1
Foodwise Part 2
Healthy Eating Everyday
Healthy Food On A Budget
Mindful Eating
Mindful Eating Program (Me Time)
Monitoring Your Intake
Nutrition & Diabetes Prevention:
Diet And Lifestyle Changes
Nutrition And Improved Immune Function
Nutrition, Hydration & Peak Performance
Plant Your Best Foot Forward
Portion Distortion
Shake Off The Salt
Staying Healthy During The Holidays
Successful Strategies For A Healthy Weight
Understanding Portion Sizes And Food Labels
What Is Healthy?



Diabetes:

Diabetes Self-Management Education Program
Diabetes Self-Management Education
Specialty Class
Gestational Diabetes: Nutritional Management
Healthy Eating For Patients With Diabetes
Living Healthy With Diabetes
National Diabetes Prevention Program - Prevent T2
Prediabetes/Diabetes: The Journey To Better Health

Heart Health:

Blood Pressure Self-Management Program
COPD 101 Education And Support
Diabetes & Heart Disease
Healthy Eating For A Strong Heart
Healthy Habits That Last
Healthy Heart Program
Healthy Heart: Session #1 - Nutrition For Heart
Healthy Living
Heart Health 101
Heart Healthy: Session #2 - Nutrition For Blood
Pressure And Cholesterol
Hypertension Overview
One Blood Drive
PUMP
Pump Up Your Heart With Activity
Tai Chi: Moving For Healthy Hearts

Women's & Men's Health:

Breast Cancer 101
Breast Health Resources Every Woman
Should Know
How To Be Pink In October And Beyond:
An Update On Breast Cancer
Mammogram Screening 101 & Ask An Expert
Navigating Menopause
Prostate, Testicular And Colon Cancer
(Men's Health)
Women's Self-Defense: Basic And Advanced
Hands-On Skills
Women's Health 101



Cancer:

Breast Cancer 101
Colon Cancer Awareness
Colon Care
Lung Fit - Lung Screenings
Mammogram Screening 101 & Ask An Expert
Prostate, Testicular And Colon Cancer
(Men's Health)
Quit Smoking Now
Skin Cancer 101
Tools To Quit
U B Well – Mammo Program

Preventative Care & Wellbeing:

Asthma Workshop For Parents
Cancer: Thriving And Surviving
Dr. Google: Finding Accurate Health
Information Online
Heat Related Illnesses
How To Keep A Healthy Voice
Living Healthy With Chronic Conditions
Living Healthy With Chronic Pain
Living Healthy, Working Healthy
Meaningful Conversations: Creating A Living Will
Positive Self-Management Program
Powerful Tools For Caregivers Of Adults
With Chronic

Conditions & Powerful Tools For Caregivers Of Loved Ones With Special Needs

Powerful Tools For Caregivers Of Children With Special Needs

The Importance Of Preventative Care

What You Should Ask At Your Annual Physical And Bloodwork Appointments?

Sleep:

Get Sleep Program

Rest Assured

Sleep Apnea Screening

Sleep Apnea Testing

Sleep Hygiene

Sleep Thieves

Stress Recovery & Resiliency:

Breaking The Stigma Of Mental Health

Creativity For The Mind

Finding Your Voice/ Singing For Stress Relief

HeartMath Resilience Advantage

Mental Health First Aid Certification

Mind/Body Practice 101

MyStrength App

One Mind Program

Relaxation For The Active Mind

Relaxation For The Active Mind: Movement

The Arts And Mindfulness

Self-Care Techniques To Build Resilience

Taking Care Of You: Abandoning Work/Life

Balance, Identifying Stressor Symptoms, And Using Recovery Strategies

The Stress Effect: Recognizing The Impact Of Stress And Recovery Strategies

Writing For Relaxation

Injury Prevention:

StrongPosture® Program

Back Health Education

Basic Self-Defense For Today's Woman

Breathology: The Art & Science Of The Conscious Breath

Carpal Tunnel Syndrome: If You Have It & What To Do.

CPR/AED Certification

CPR/AED Hands Only

Ergonomic Tips: Sit. Stand. Lift. Repeat.

Ergonomic Workstation Assessment

Home Office Ergonomics

How Important Is Your Posture To Your Work?

Introduction To Strong Posture

Job Site Ergonomic Evaluation

Office Ergonomics In 4 Simple Steps

Prehab For Injury Prevention

Pre-Shift Stretching Training

Safe Lifting And Back Safety

Shoulder, Elbow And Wrist Injuries

Stop The Bleed Certification

Tackle Shoulder Pain: The Earlier The Better

Tennis Elbow Demystified

The PowerZone



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