



WellnessWorks Presentation Topics

Health Topics:

- Better Nutrition
- Cancer Prevention
- Diabetes Prevention
- Healthy Holiday Eating
- Heart Healthy Living
- Reducing the Risk of Heart Disease
- Managing Your Cholesterol
- Managing Your High Blood Pressure
- Physical Activity
- Preventive Health & Wellness Benefits
- Smoking Cessation
- Stress Management
- Weight Management
- Signs & Symptoms of Stroke
- Signs & Symptoms of Drug Abuse
- Back Exercises

Wellness Screenings:

- Blood Pressure
- Grip Strength
- Flexibility Screening
- Body Composition
- Flu Vaccination*
- Vaccinations*
- Health Risk Assessment*

* Fees will apply

Safety Topics:

- Blood-borne Pathogens*
- Ergonomics*
- Functional Screening*
- General Health & Safety
- Hazardous Waste
- Hearing Conservation*
- Proper Lifting Techniques
- Common Causes of Back Problems
- Respiratory Safety*
- Reasonable Suspicion Training**

**\$150 Flat Rate/Per Class

Wellness Challenges:

- Weight Loss Challenge
- On-Site Walking Challenge

For All Your Healthcare Needs, Call Service Coordination!

WellnessWorks • Service Coordination
Phone: 888.977.3319 • Fax: 877.769.0320

Knox Community
HOSPITAL 