



Affiliated Physicians Wellness Seminars

Wellness seminars are educational programs and activities facilitated by a clinician specializing in the relevant health topic. During these seminars, each employee that participates has the opportunity to develop plans for change and to integrate these changes into their lifestyle.

Wellness seminars can focus on specific health concerns or on more general health topics.

Education on a specific health concern.

Examples are:

- Diabetes — prevention and care
- Cardiovascular Disease
- High Blood Pressure (BP)
- Hypercholesterolemia
- Flu and Pneumonia
- Cancer Screening and Prevention
- Insomnia
- Depression and Anxiety

Education on more general health topics.

Examples are:

- Women's Health
- Men's Health
- Nutrition and Health (heart healthy lunch for attendees)
- Exercise and Fitness
- Weight Management
- Tobacco Cessation
- Stress Management
- First Aid in the Workplace
- First Responder Training (e.g. CPR course, Anti-defibrillator training)

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