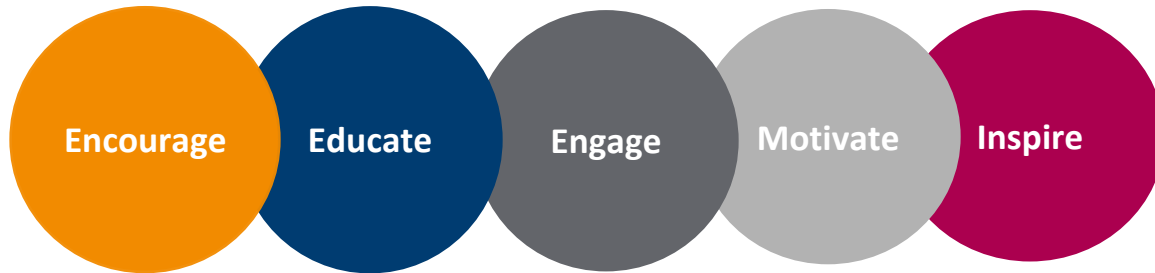


Wellness Seminars



EMI Health in partnership with Veridicus Care Management offers a wide range of educational seminars to help support your employee wellness goals. Choose from a variety of topics:

- Know Your Numbers –What being “at- risk” means and what are healthy ranges for blood pressure, cholesterol, body mass index, blood glucose and body fat
- Cholesterol
- Blood Pressure
- Diabetes Education – Learn more about what your risk is for diabetes and how to reduce it
- Low Back Pain Management
- Perfecting Imperfection – Make peace with your inner critic
- *True Grit*: Building Resilience and Managing Stress
- Healthy Eating – Review USDA guidelines, nutrition labels, portion sizes, and get tips
- Healthy Meal Planning
- Savvy Shopper – Make healthy and cost effective choices at the grocery store
- Time Management
- Exercise *Your Way* – Be active without a gym membership
- Physical Activity vs. Exercise – The difference between “exercise” and “physical activity” and why they are both important
- Cancer Awareness
- Healthy Cooking Demonstration – Additional cost for supplies.

Seminars are delivered by our highly-trained wellness coaches. Choose a time and date that works best for your population. Seminars are an hour in length and include handouts. 15 attendees required.

To learn more, contact Liz at 801-365-0293