

Speaker's Bureau- Wellbeing Presentations

Don't Sugar Coat It-Basics of Diabetes

Eating for a Healthy Heart

Exercise-Get Active

Exercise-Why, When and How

Fruits & Veggies-More Matter

Happy Life?

Healthy Eating on a Budget

Healthy Eating on the Run

Healthy Habits!

Healthy, Happy Holidays

Healthy Holiday Eating

Healthy Relationships

Immune System Reboot

Importance of Exercise at Work

Make it Healthy-Smart Substitutes

Meal Planning

Mess Causes Stress-Declutter Your Life

Muscle Matters

Need to Sleep?

No Weights/No Equipment Workout

Prevention and You

Recipe Modification

Stress Busters

Stretch it out

Ten Quick Tips for Weight Loss

The Importance of Exercise at Work

Unplug & Recharge

Walking for Fitness

Why do I Ache?

All presentations available via Zoom.

For more information contact:

aziegler@mercydesmoines.org

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