

# Worksite Wellness Lunch 'N Learns

- Alternatives to Physical Activity
- Benefits of Tea
- Blood Borne Pathogens
- Cholesterol Awareness, What do my numbers mean?
- Don't Hibernate this Winter
- Ergonomics, Having a healthy workstation
- Get Your Family Moving
- Heart Health
- Holiday Cooking
- How to Get a Good Nights Sleep
- How to Manage Hypertension
- Meals on the Go
- Men's Health
- Men's and Women's Screening Guidelines
- Movin' Through the Holidays
- Osteoporosis Prevention and Management
- Researching Health Topics
- Skin Cancer Prevention
- Staying Well: Preventing the Spread of Germs
- Stress Management
- Sweat: Something You Won't Regret
- Well-Balanced Nutrition
- Women's Health
- Work Station Stretching
- Yoga



**All topics can be tailored to your worksite needs.  
Please call NCMC Worksite Wellness  
at 970.378.4772 to set up a presentation at your worksite.  
We look forward to working with you!**