

Feel Full on Fewer Calories
Obesity, weight loss, healthy diet — promoting fruits and veggies and healthful weight loss. Taking a look at the new “My Plate” and sugars.

Know Your Numbers
Screening values-ranges, what they mean (BP, glucose, cholesterol, BMI) schedule a screening or check your local supermarket and drug stores offering screenings.

Healthy Eating for Busy People
Fitting healthy meals into busy lifestyle. Eating out, take out, quick meals in the grocery aisles; making wise food choices vending/cafeteria/meetings/snacks.

Tobacco Cessation
Learning more about the resources available, steps to quitting, exercising to fill the gap, live healthier

Choices in Complimentary and Alternative Medicine
Understanding CAM, how to seek out a provider, where to find resources, how to make sure you are choosing safe and effective treatment

Healthy Travels!
Travel tips for domestic and international travel. Before you go - immunizations, safety advisories, planning and packing, safety tips

January

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

www.AveraHealthPlans.com

My 365 **2012 Brown Bag Seminar Ideas**

Healthy, Active Families
Family fitness, engaging kids in wellness, home culture - nutrition, activity, outings, fun

The Real Deal on Superfruits
A look at the health promises of the latest sugar fruits. Discuss fiber, antioxidants, vitamins, anti-inflammatory effects and other health benefits.

A Mirror On Your Health
What does your outside say about your insides, looking at your skin, body shape and other signs you can use to assess your current health or health risks.

Whole Grains, Whole Life
Health benefits of whole grain foods, how to cook and prepare different grains, easy ways to ensure that at least half your daily grains are whole grains

Time Out: Not just for kids!
Stress management tips, techniques, importance of mini breaks, getting away from the stressors

Winter Warm Ups
Winter physical activity tips

July

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



To learn more or to schedule a seminar, email Debbie.Lancto@Avera.org

