









Awareness & Education Course Catalog

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2010 Classes: June, July & August

GW 10x: General Wellness (GW) Courses

Learn what Wellness means, what it consists of, and how it can help you and your family.

2010 Topics: *healthy hearing and how to prevent hearing loss. Medical myth busting, can you really get a cold just from being cold and much more. Healthcare consumerism, getting the most for your money.*

2009 Topics: *class descriptions are at the end of the catalog. 2009 classes will be repeated again in 2011.*

GW105 **June 2010**

Can You Hear Me Now; Preserve the Hearing You've Got

Learn about hearing loss, causes of hearing disorders, and how hearing impairments can affect daily living, communication, and well being. Topics include prevention of hearing loss (at home and on the job) and strategies for improving communication success, if you already have a hearing loss. Let us help you preserve a lifetime of healthy hearing!

GW106 **July 2010**

Medical Myth Busting; Does Being Cold Give you a Cold and More...

Tall tales, wives tales and the Popular Press all lead to mixed and improper medical information. Whether you hear difficult medical terms, inaccurate information in our news, or use family home remedies, it's easy to become confused about medical information. Bust a few common medical myths with the current accurate medical information in the industry today.

GW107 **Aug 2010**

Healthcare Consumerism; Getting the Most from Your Healthcare Dollars







With health care costs rising out of control have you ever wondered what you can do to lower your health care costs? This class will discuss tips and strategies you can use to lower these costs and maximize the benefits from your health insurance plan.



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2009 Classes: will run again in 2011

GW 10x: General Wellness (GW) Courses

Learn what Wellness means, what it consists of, and how it can help you and your family. Topics include getting started, why take a Health Assessment (HA), identifying and dealing with medical and lifestyle risks, personal wellness plans, and managing existing conditions. An overview of the JSC Wellness Program services and websites will also be included.

GW101
June 2009

JSC Wellness Program – Why Wellness?

Overview of current health risks and how wellness can act as a preventative method toward a longer and healthier life. A brief overview will also be given of the JSC health status and our Wellness Program and Mayo Clinic websites.

GW102
July 2009

Getting Started – Why Take a Health Assessment?

Health awareness is key in understanding risk factors and your current level of health. This class will cover these topics and include a snapshot of the JSC health status, health awareness, and change readiness levels. Also included will be productivity loss impacts and examples of cost impacts to the employee and company. Learn what role a Health Assessment and personal wellness plan play in maintaining a healthy lifestyle.

GW103
Aug 2009

By Popular Demand: Fitness Topic – How to Get Fit From Anywhere

Time always seems to run short, even for running to the gym! Find out how to get fit anywhere without the use of a Fitness Facility. Whether you walk, bike or run in your neighborhood, use calisthenics, balls or bands, you have choices about how to best use your time for Fitness. Learn about benefits of lifestyle activities like raking leaves, mowing the yard, cleaning the garage and more. Come learn about the many avenues to get in shape at home or on the go.

GW104
Sept 2009

Clinical Topics

Vitamin D is an important part of a healthy diet and lifestyle. Come find out more about this and other clinical wellness topics. GW104 will be presented by a member of our Clinic Staff.