



# Awareness & Education Course Catalog

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## General Wellness (GW) Courses

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

**GW101**  
**TBA**

### **The Case for Wellness; Are You Ready?**

*Overview of current health risks, obesity data and how wellness can act as a preventative method toward a longer and healthier life. A brief overview will also be given of how we change when we try to start a new healthy behavior as well as upcoming Wellness Program offerings.*

**GW102**  
**TBA**

### **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.*

**GW104**  
**Aug 2011**

### **Clinical Topics – Vitamin D**

*Vitamin D is an important part of a healthy diet and lifestyle. The scientific community continues to investigate this interesting vitamin to determine all of the positive health effects. Come learn about the latest in the ongoing story about Vitamin D from a member of our Clinic Staff.*

**GW106**  
**Aug 2011**

### **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.*