



Health & Fitness Speakers Bureau Topics

A Grand & Glorious Journey

Every person's life journey is filled with 'opportunities' to learn, grow, change and flourish. The challenge for each of us is determining which path truly leads to 'Grand and Glorious.'

Enlighten—A New Light on Depression in Older Adults

Many people believe depression in older adults is a natural part of the aging process. It can occur at any age and for a variety of reasons. The good news is, it is most often temporary and treatable. This video program addresses the signs and symptoms of depression, diagnosis, and treatment options.

Remembering When: Fire & Fall Prevention for Older Adults

Learn what you can do to reduce your risk of injury from a fire or fall. During this 45-minute program, you will learn sixteen practical fire and fall prevention tips that can save lives. You also view a short video 'At Our Age: Seniors Preventing Fires and Falls,' featuring Tom Bosley from *Happy Days* and receive a home safety checklist.

Laughing Matters

It really does. Laughter can improve circulation, productivity, reduce stress and even help us lose weight! A sense of humor truly is one of our greatest assets.

Life with Arthur

He's moved in and won't go away! 46 million adults and children in the United States are currently living with arthritis and experience mild to extreme physical limitations as a result. There is a multitude of ways to improve our relationship with 'Arthur' without having to take more medications. Legitimate, alternative therapies will be discussed in this informative presentation.

Living Well on a Shoestring

Budgeting can be a real challenge with today's high prices. Living on a fixed income requires education, motivation and creativity. This program offers a variety of great ideas to improve our relationship with money.

Living with Diabetes

This program explores the physical and emotional sides of a complicated yet controllable illness. The presenter shares her personal experiences living with diabetes.

Memory Lane

Memories mold and shape our lives. In this presentation participants will interact with one another through shared memories, games and nostalgic stories.

Mental Aerobics

Forgetting is not a normal part of the aging process. There are many tried and true techniques that can improve thinking skills as well as increase memory capability and capacity.

Old Dogs, New Tricks

There are many myths that accompany the aging process. This light-hearted, interactive program helps to dispel some of those myths. It encourages participants to build on their personal talents and strengths.

Living Well with Chronic Illness

Arthritis, Diabetes, Heart Disease and COPD are all illnesses that we can live well with if we choose to apply simple daily techniques to improve our health. This six-week class teaches participants to monitor health, better understand their illness and talk to their doctor. They will also learn to eat in ways that reduce inflammation, lowers blood pressure, results in weight loss and increases energy. Alternative therapies will be studied as well as exercise techniques and other help aids that make living with chronic illness a manageable process.

Synchronicity

Dreams, premonitions, flashbacks, presences and near-death experiences all fall into the category of 'meaningful coincidences.' You are thinking of someone and at that very minute they call you. We must believe there is more to life than just what we see.

Stress Busters

Stress is the body's nonspecific response to demands placed upon it. Everyone has stress in their lives and most of the time it can be controlled. Out-of-control stress can wreak havoc in our lives by creating illness, relationship struggles and various other maladies. Reducing stress can be remarkably simple and amazingly healing!

The Heart of Forgiveness

To forgive is divine...but not always easy to do! It is a process that takes tremendous commitment and strength. Taking the steps toward forgiving is a powerful, life-changing decision.

The 'Wiz'dom of OZ

This presentation promises to help you see the story of the *Wizard of OZ* with completely new eyes. Frank Baum created the movie as a means to deliver profound messages of wisdom. The 'lessons of OZ' can serve as signposts to guide us toward successful navigation of our own 'yellow brick road' of life.

Knowing You, Knowing Me

Our unique personalities make life interesting and challenging, yet complicated at times. Understanding personality differences can help all of us to create healthier personal and professional relationships.

Why Weight?

Forget the pills, the miracle diets...all temporary fixes! The true secret to staying trim and healthy throughout a lifetime is really no secret at all. The truth about diets and weight can set us free forever and it's so much simpler than any of us could imagine.

To schedule a program for your group or organization,
call **402-441-6687** or **402-441-7575**.