

**60- 90 Minute Classes to Improve Health Literacy Skills**

10 Questions Everyone Must Ask Before They Pick Health Insurance

Using Your Health Insurance Wisely

Aging with Style- accepting help graciously

Nutrition for Life

Healthy Living on the Run (for employees who work primarily from their cars)

Bullying…Don’t be a Victim, Be Someone’s Health Hero

Using Your Medication Wisely- what happens when side effects impact your world

Medication Compliance- A choice with consequences

Emergency Preparedness and Chronic Illness

Emergency Preparedness for seniors and their families

I Can Boil Water…Maybe- Emergency Preparedness for kids and teens

Communicating with Your Doctor and Family

Communicating with Your Doctor, Your Family, and Your Employer about Your Health

Your Mother Can’t Go with You Forever: Teaching teens to be health literate

Domestic Violence and its Complications on Future Health

Um, Doc….I Used to be an Addict: Long term health concerns every former addict should know

I Need to See Who?- Using medical specialists effectively

Dentist and Hearing and Vision, Oh My- Using those other specialists well

Oops, I Broke a Neuron- Dealing with mental health issues

Baby Blues vs Life’s Lemons: Understanding different forms of depression

Dogs and Dementia: Using animals and nature to reconnect

Pets and Health: How animals and nature improve long term health

Meeting the Spiritual Needs of Seniors

Social and Spiritual Health: The ignored side of healthy living

Cancer and Seniors: Understanding How Aging Impacts Cancer

Stress: The Good, the Bad, the Ugly

Beating the Winter Blues

Diabetes, Diets, and Deep Inside

Footwear, Falling and Finishing with Flair

Heart Disease: A Public Health Perspective on Prevention

Hey, What Ever Happened to? VS HIPAA: For seniors and their communities

I Wear My Sunglasses at Night: Protecting Your Eye Health

Water, Water Everywhere and Not a Drop to Drink: The dangers of dehydration

When You Know It’s Time to Go: Hospice and Palliative Care

Suicide Prevention: Can you ask THE question?

Vaccines for Life

Understanding Dementia

Organizing Your Health

Pain, Pleasure and Pills: Understanding relief vs addiction

Heroin’s Here: We Cannot Hide Anymore

Developing Healthy Friendships

Independence Vs Health and Safety

Beyond Health: Top 5 Tips for Senior Wellness

COPD, Emphysema, and Asthma: Breathing Better

Stop Smoking 1: Understanding the quitting process and avoiding cravings

Stop Smoking 2: Cravings, Stress Reduction, and Modifying your Life

**Bridges Out Of Poverty Classes**

Bridges Out of Poverty classes train on the individual, organizational, and community impact of poverty and developing resources to help those in poverty become sustainable. Our trainer is a life-time certified BOOP trainer.

Your Business through the Lens of Poverty

Mamma Rules Vs Work Rules: Navigating the Home Health Agency World (for HHA’s and CNA’s)

Tyranny of the Moment and the Non-profit World

Poverty: What Every Church Should Know

The Medical System through the Lens of Poverty

**8 hour Staff Development Classes**

Advocacy, Health Literacy, and the Impact of Poverty

Health Literacy and the Impact of Poverty: Navigating the Health Care System

Health Literacy and the Impact of Poverty: Making Healthy Choices

Health Literacy and the Impact of Poverty: Emergency Preparedness

**Classes for Faith Communities**

GOD’s View on Healing- from the Miraculous to Sickness unto Death.

Praying for Others- Are You Covering it All?

Reaching Out- Meeting Physical/Emotional/Social/Spiritual Needs in Your Community

Setting Up or Expanding a Care Ministry- a holistic approach to caring for the sick

Creating a Health and Wellness Focus

Building a Healing and Prayer Team

Poverty: What every Faith Community Should Know

Digging Deep without Falling In

In Sickness and In Health: A look at Marriage

Are Your Seniors Spiritually Healthy Enough to Die?

Suicide Prevention for Churches: Being A Safe Space to Talk

Depression, Grief, and Anxiety: Recognizing the Illness, Caring for the Person