

KGA offers a variety of health awareness tables, screenings, and wellness seminars across the country. Below is a listing of sample topics. Seminar titles may vary depending on location. Most seminars can be delivered in either a 30 or 60-minute format.

#### STRESS REDUCTION

Blood Pressure Screening  
 The Happiness Seminar  
 Mindfulness Techniques Seminar  
 Onsite Chair Massage  
 Reframe Your Brain: Positive Thinking Seminar - *NEW!*  
 Stress Hardiness: When You Need it Most - *NEW!*  
 Stress and Resiliency Information Table  
 Surge Protection: Preventing Burnout Seminar

#### WELLBEING

Alternative Medicine Seminar  
 Alcohol and Drug Information Table  
 Change or Rearrange: Feng Shui Seminar  
 Discover What's Next: Transitioning to Retirement- *NEW!*  
 Innovative Thinking for Great Results Seminar - *NEW!*  
 Prevention is Key Seminar  
 Sleep Smart, Sleep Well Seminar  
 Wellbeing Information Table

#### FINANCIAL/LEGAL

Credit: Cards, Scores and More Seminar - *NEW!*  
 Financial Planning or College Financing Information Table  
 Investment Basics Seminar  
 Managing Your Money to Reach Your Goals Seminar  
 Pay Yourself First: Financial Wellbeing Seminar - *NEW!*  
 Raising Financially Aware Children Seminar  
 The Basics of Estate Planning Seminar  
 Top 10 Financial Mistakes Seminar

#### WORKPLACE SURVIVAL SKILLS

Affinity Group Facilitated Discussion - *NEW!*  
 Best Practices in Meeting Management Seminar  
 Clutter Management Information Table  
 EAP Information Table  
 Sit and Fit: Exercise at Your Desk Seminar  
 Twenty Tips for Time Management Seminar  
 Work Life Balance / Integration Seminar  
 Yoga at Your Desk Seminar

#### PARENTING

Building a Strong, Connected and Fun Family Seminar  
 Bullies, Targets and Bystanders Seminar  
 College is Around the Corner: College Financing Seminar  
 It's Never Too Early: College Financing Seminar  
 Key Conversation with Your Child Seminar - *NEW!*  
 Parenting/Child Care Information Table  
 Staying Ahead of Your Kids: Social Networking Seminar  
 Talking to Children About Drugs and Alcohol Seminar

#### NUTRITION

Cooking Demo  
 Eat Right for Life Seminar - *NEW!*  
 Food and Mood Seminar  
 Healthy Eating on the Run Seminar  
 Packing a Healthy, Eco-Friendly Lunch Seminar  
 Portion Distortion Seminar  
 Simple Tips: Nutrition Information Table  
 Twenty Power Foods to Stay Healthy Seminar

#### ELDERCARE

Eldercare Information Table  
 Eldercare Safety Seminar  
 Emotional Aspects of Caregiving Seminar - *NEW!*  
 For When You Least Expect it: Proactive Caregiving  
 How to put the "Share" in Family Caregiving Seminar  
 Managing Work and Caregiving Seminar  
 The Sandwich Generation Seminar

#### FITNESS

Get Started! Beginning an Exercise Plan Seminar  
 Keep it in the Family: Family Fitness Seminar  
 Fitness Information Table  
 Good Health Jeopardy Game and Seminar  
 Introduction to Yoga Seminar  
 Staying Younger Longer Seminar - *NEW!*  
 Thirty Minute Express Workout Seminar  
 The Twenty Minute Tai Chi Workout Seminar

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**More Human. More Resources.**

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