

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.

STRESS REDUCTION

Stress Management Information Table
 Blood Pressure Screening
 Depression Information Table
 Boosting Your Resilience to Stress
 Preventing Burnout: Stress Management
 Relaxation Techniques for Everyday Life Workshop

WELLNESS MANAGEMENT

On-site Chair Massage
 Cholesterol Screening
 Body Fat Analysis Screening
 Yoga Classes
 Fit for Life Seminar
 Understanding Acid Reflux: GERD
 Ergonomics: Understanding Proper Body Mechanics

FINANCIAL/ LEGAL

Financial Planning Table
 Understanding Your 401K Seminar
 50 Nifty Financial Planning Tips Seminar
 Preventing Identity Theft Seminar
 Healthcare Proxy Seminar
 Home Buying: The Best Investment
 The Art of Budgeting

WORKPLACE SURVIVAL SKILLS

Clutter Management Table
 Developing Emotional Intelligence Seminar
 Managing Multiple Priorities Seminar
 Renewal and Resiliency Seminar
 Thriving on Change Seminar
 Managing Stress During Times of Change Seminar
 Effective Communication Skills Seminar
 Work Life Balance Seminar

PARENTING

Pregnancy Information Table
 Child Care Information Table
 Positive Communication with Children Seminar
 How to Avoid Over-Scheduling Your Child
 Worried about Someone's Depression? Seminar
 Building Self-Esteem in Kids
 Moving Your College Graduate From Couch to Career

NUTRITION/FITNESS

Nutrition Information Table
 Fitness Training Table
 Boosting the Immune System Workshop
 Healthy Eating on the Run Seminar
 Getting Fit, A Bit at a Time Seminar
 Healthy Eating for a Healthy Heart Workshop
 Who Says Family Fitness Can't Be Fun?

ELDERCARE

Eldercare Information Table
 When "Senior Moments" Become Alzheimer's
 Finding Resources for Eldercare Seminar
 Living With Advance Illness

ALCOHOL AWARENESS

Alcohol and Drug Information Table
 Talking to Children about Drugs and Alcohol

KGA, INC.

IMPROVING EMPLOYEE AND MANAGER PERFORMANCE

THE MEADOWS, 161 WORCESTER ROAD, FRAMINGHAM, MA 01701

TEL 508.879.2093 FAX 508.875.5574 www.kgreer.com