

KGA offers a variety of health awareness tables, screenings, wellness seminars and webinars across the country. Below is a listing of sample topics. Seminar titles may vary, depending on location.

STRESS REDUCTION

Blood Pressure Screening
 Boosting Your Resilience to Stress Seminar
 Managing Stress During Times of Change Seminar
 Onsite Chair Massage
 Relaxation Techniques for Everyday Life Seminar
 Stress Management Information Table
 Stress, the Immune System & Nutrition Seminar *NEW!*
 Surge Protection: Preventing Burnout Seminar

WELLNESS MANAGEMENT

Alternative Medicine Seminar *NEW!*
 Change or Rearrange: Feng Shui Seminar *NEW!*
 EAP Information Table
 Getting the Most from Your Medical Visits Seminar *NEW!*
 Going Green Around the Home Seminar *NEW!*
 Sleep Smart, Sleep Well Seminar *NEW!*
 Wellness Information Table
 Yoga at Your Desk Seminar

FINANCIAL/ LEGAL

The Art of Budgeting Seminar
 College is Around the Corner: College Financing Seminar *NEW!*
 Financial Planning Information Table
 Let's Talk: Couples and Money Seminar *NEW!*
 Managing Money in Tough Times Seminar
 Money on Your Mind: The Psychology of Money Seminar *NEW!*
 Preventing Identity Theft Seminar
 Wills, Trusts and Health Care Proxy Seminar

WORKPLACE SURVIVAL SKILLS

Best Practices in Meeting Management Seminar
 Clutter Management Information Table
 Difficult Conversations Seminar
 Fitness at your Desk Seminar
 Flu Information Table *NEW!*
 Organizing Your Workspace Seminar
 Twenty Tips for Time Management Seminar
 Work Life Balance/Integration Seminar

PARENTING

It's Never Too Early: College Financial Planning Seminar *NEW!*
 Make the Grade: College Admissions Seminar *NEW!*
 Parenting/Child Care Information Table
 Positive Communication with Young Children Seminar *NEW!*
 Staying Ahead of Your Kids: Social Networking Seminar *NEW!*
 Surviving the Teen Years Seminar *NEW!*
 Teaching Children About Money Seminar *NEW!*

NUTRITION/FITNESS

Fitness or Nutrition Information Table
 Fitness and Nutrition Jeopardy Semina *NEW!*
 Healthy Eating for a Healthy Heart Seminar
 Healthy Eating on a Budget Seminar
 Healthy Eating on the Run Seminar
 Packing a Healthy, Eco-Friendly Lunch Seminar *NEW!*
 Twenty Power Foods to Stay Healthy & Live Longer Seminar *NEW!*
 Walk Your Way to Health Semina *NEW!*

ELDERCARE

Eldercare Information Table
 Knowing Your Limits: Eldercare Planning & Decision Making Seminar
 Living With Advanced Illness Seminar
 Understanding Dementia & Alzheimer's Seminar

ALCOHOL AWARENESS

Alcohol and Drug Information Table
 Talking to Children About Drugs and Alcohol Seminar

KGA, INC.

MORE HUMAN. MORE RESOURCES.

THE MEADOWS, 161 WORCESTER ROAD, FRAMINGHAM, MA 01701

TEL 508.879.2093 www.kgreer.com