

Lunch & Learns

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HEART HEALTH

March 15, 2017

Lunch and Learn!!!



HEART HEALTH

By living a heart-healthy lifestyle, you can help keep your blood pressure, lipids, and sugar in normal range and lower your risk for heart disease and heart attack. A heart-healthy lifestyle includes eating a healthy diet, getting enough physical activity, maintaining a healthy weight, not smoking, and limiting alcohol use. Be sure to visit your primary care provider at the **Stay Well Health Center** to make sure your heart is healthy and to find out more about living a heart-healthy lifestyle.



Come join the **Stay Well Health Center Team** for their **FREE Lunch & Learn Quarterly Series**
Bring your lunch and join us for this live presentation!

March 15th, 2017
12 -1P

Bid Room, 1st Floor,
Montoya Bldg.
1100 St. Francis
Santa Fe, 87505



PHYSICAL WELL-BEING

June 14, 2017

Lunch and Learn!!!



EXERCISE and WEIGHT MANAGEMENT

Combining exercise with a healthy diet is a more effective way to lose weight than depending on calorie restriction alone. And exercise can prevent or even reverse the effects of certain diseases. Healthy eating is one of the best things you can do to prevent and control health problems such as heart disease, high blood pressure, type II diabetes, and even some types of cancer. Come join us to learn more about exercise and weight management so that you may achieve your health goals and become your best you!



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Wednesday
June 14th, 2017
12 -1P

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DISEASE PREVENTION

September 13, 2017

Lunch and Learn!!!



Diabetes Management

Eighty-six million Americans now have prediabetes - that's 1 out of every 3 adults! Of those 86 million, 9 out of 10 don't even know they have it. Without intervention, 15% to 30% of people with prediabetes will develop type 2 diabetes within 5 years. With numbers like that, it's important to learn about prediabetes and how to keep you and your family healthy. Join the **Stay Well Health Center's** Health Coach, Marissa Berry as she explains what you need to know in order to live healthy, diabetes-free life.

Diabetes Education



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Wednesday
September 13th, 2017
12 -1P

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STRESS MANAGEMENT

December 13, 2017

Lunch and Learn!!!



STRESS MANAGEMENT

Stress is a normal psychological and physical reaction to the ever-increasing demands of life. Many Americans experience challenges with stress throughout the year. Constant stress experienced over a prolonged period of time can contribute to long-term problems for the heart and blood vessels. As it increases heart rate and elevates stress hormone levels and blood pressure, it can take a toll on the body. Stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes. Here's your chance to learn what you can do to help yourself deal better with stress.



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Wednesday
December 13th, 2017
12 -1P

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