

HealthWorks



Feel Better. Live Better. Work Better.

**WE HAVE JUST WHAT YOUR CORPORATE
WELLNESS PROGRAM NEEDS... AND MORE!**

- ▶ Health Fairs and Health Screenings
- ▶ Workshops and Healthy Living Presentations
- ▶ Customized Programs to Meet Your Company's Needs
- ▶ Affordable Rates for Large and Small Companies

Wellness Calendar

The ideas below represent a sample of the many lectures and screenings that Virginia Hospital Center HealthWorks offers.

*For even more ideas and the associated fees, visit:
www.virginiahospitalcenter.com/programs/workplace.*

JANUARY

New Year's Resolutions

- The Truth Behind Fad Diets
- Exercise – Kick It Up A Notch
- Body Fat Screening

Thyroid Awareness Week

- Hypothyroidism Screening

FEBRUARY

American Heart Month

- Blood Pressure Screening
- Heart Health Profile
- Heart Health in a Heartbeat

MARCH

National Nutrition Month

- Meal Planning Made Easy
- Healthy Eating on a Budget

Workplace Eye Wellness Month

- Vision Screening

National Sleep Awareness Week

- Good Mornings Sleep Education

APRIL

Alcohol Awareness Month

- Drinking Goggles Booth

Stress Awareness Month

- Stress Management

National Humor Month

- Humor & Your Health

MAY

National Stroke Awareness Month

- Be Stroke Smart

National Osteoporosis Month

- Bone Density Screening

Skin Cancer Detection & Prevention Month

- Sun Damage Screening

National Physical Fitness & Sport Month

- Get Fit While You Sit
- Fit Demo Booth
- Exercise for Busy People

JUNE

Men's Health Month

- Men's Health Lecture

JULY/AUGUST

It's time to call HealthWorks to schedule your fall flu shot clinic.

SEPTEMBER

Cholesterol Education Month

- Cholesterol Screening

Healthy Aging Month

- Preparing for the Inevitable – Starting the Conversation With Your Aging Parents

Fruit and Veggies – More Matters Month

- Power of Produce

Prostate Cancer Awareness Month

- PSA Screening

OCTOBER

Breast Cancer Awareness Month

- Breast Health Education

Healthy Lung Month

- Pulmonary Function Screening
- How to Stay Healthy During Flu Season

NOVEMBER

American Diabetes Month

- A1C Screening
- Diabetes Education

Great American Smokeout

- Smoking Cessation

DECEMBER

Holiday Season

- Holiday Stress Management
- Lighten Up for the Holidays



WELLNESS PROGRAMS AND EVENTS FOR COMPANIES OF EVERY SIZE

Extend the capability of your Human Resources department by adding our experienced team of health promotion experts. We make building a comprehensive corporate wellness program easy for you—and informative and enjoyable for your employees.

HealthWorks

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HealthWorks is Virginia Hospital Center's comprehensive corporate wellness program. For more information, visit www.virginiahospitalcenter.com/programs/workplace.