

LOURDES CARE PROGRAM
Our Lady of Lourdes Wellness Center
Services for your Organization

Stress CARE Series

Seated Chair Massage

An on-site, 5-15 minute massage that involves areas of the head, neck, shoulders, back, and arms. It is an effective outlet and treatment for the physical effects of stress and a nice compliment to a stress management workshop.

Stress Management

The participants in this **6-session program** will learn how to identify and manage everyday stress. This program is designed to teach coping skills, goal setting, problem solving techniques, and total body relaxation training for lifestyle changes. Each session has lecture, handouts, some homework, relaxation tapes, and humor.

Stress Management: “A Better Way”

This **one-session workshop** addresses the many facets of stress and how it impacts on employee well being. A variety of problem-solving techniques, coping strategies and relaxation interventions are discussed for immediate use. The speaker can make it enjoyable and specific to the stress issues the employee may face. For example, helping them identify the challenges they face that lead to stress, when the stress surfaces (at work or home), how it impacts on the family and so forth.

Stress Management, Nutrition & Exercise: “The Wellness Way”

This **one-session workshop** includes discussions on the following main points: the sources and causes of stress in our lives, the effects of poorly managed stress in our lives, and suggestions for improved stress management. The majority of the discussion will focus on how stress affects the body and how dietary habits and exercise can help enhance our ability to manage stress.

Relaxation Techniques

To enable participants to learn about and experience the benefits of relaxation techniques, this **one-session** workshop includes the following topics: The role of exercise in relaxation, a description of the benefits of relaxation, and an introduction and practice session on meditation, visual imagery, progressive relaxation and diaphragmatic breathing. This is an ideal session to offer with other stress management programs and seated chair massage.

900 Haddon Avenue
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Weight Management CARE Series

Body Composition Analysis

This evaluation involves three skin fold measurements to estimate the participant's percentage of body fat and ideal body weight based on their body composition.

Nutrition for the Millennium

This **one-session workshop** focuses on attitudes towards food, energy balance, fat content in foods, recipe and menu planning as well as healthy cooking ideas. This program will also provide information on the current food pyramid guidelines.

Exercise: Doing it Right

This **one-session workshop** provides information on the "exercise-weight loss" connection, starting and sticking with an exercise program, developing a fun and safe program, energy balance, and body composition. All areas of exercise can be addressed: cardiovascular/aerobic exercise, weight training, or flexibility.

Low-Impact Aerobics

Our Lady of Lourdes Wellness Center's certified aerobic instructors present a motivational, low-impact, cardiovascular fitness class with easy to follow routines. This class includes warm-up, aerobic phase, toning/flexibility exercises and cool down/stretch. This class is appropriate for all fitness levels. It can be offered **for 4 or 8 weeks**.

Strength Training

This **4 or 8 week program** is appropriate for all fitness levels. Our Lady of Lourdes Wellness Center's certified instructors teach the significance of strength training through a balanced program that utilizes all of the major muscle groups. This class includes warm-up, resistance exercise phase with bands and weights, floor exercises, and cool down/stretch.

Effective Weight Management Program

This **8 week**, interactive course combines a series of informational lectures, behavioral modification techniques, motivational group support and individualized dietary analysis to help participants change their eating habits and maintain weight loss for a lifetime. The session topics include: Setting Goals and Focusing on Success, Exercise, Implementing Change, Supermarket Smarts, Low Fat Cooking, Dining Out, Special Occasion Eating, and Maintaining a Health Lifestyle. A program brochure is available.

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Back CARE Series

Seated Chair Massage

An on-site, 5-15 minute massage that involves areas of the head, neck, shoulders, back and arms. It is an effective outlet and treatment for the physical effects of stress and a nice compliment to a stress management workshop.

Back and Neck Care

Low back pain is currently the largest single cause of lost work hours in business and industry. This **one-session workshop** is designed to help participants prevent serious low back problems by reviewing general back and neck anatomy, proper body mechanics for working, lifting and stretching, and relaxation techniques suggested for prolonged work periods.

Workstation Wellness

This **one-session workshop** is appropriate for office workers who spend a large portion of their productive hours behind a desk. The audience is introduced to the science of ergonomics, how it is used to help prevent work related injuries and the fundamentals of anatomy and body mechanics as they pertain to repetitive work actions. Suggestions are offered to the audience to help them improve their workstation and physical fitness. The class concludes with an office exercise program demonstration/practice session.

Back and Neck Exercise Class

This **½ hour class** is designed to help participants prevent back problems and/or alleviate minor back pain or discomfort. It includes a gentle warm-up, stretching and toning exercises for back, neck, legs and abdominal muscles. It can be offered for **4 or 8 weeks**.

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Cholesterol CARE Series

Total Cholesterol Measurement

This finger stick test will produce total cholesterol results in 3 minutes. This test provides vital information regarding the risk of cardiovascular disease.

How to Lower your Cholesterol

High cholesterol increases an individual's risk for heart attack, stroke and other cardiovascular diseases but cholesterol levels may be controlled by making lifestyle changes. This **one-session workshop** will clarify the difference between cholesterol, HDL's and LDL's and describe their functions in the body. The importance of regular screenings, low fat diet and exercise for controlling cholesterol will also be discussed. This program is a perfect follow-up to an employee cholesterol screening.

Nutrition For The Millennium

This **one-session workshop** focuses on attitudes towards food, energy balance, fat content in foods, recipe and menu planning as well as healthy cooking ideas. This program will also provide information on the current food pyramid guidelines.

Low Fat Cooking Techniques

A low fat, healthy diet can be tasty, enjoyable, and can include a variety of choices. This **one-session workshop** will include a discussion on low fat cooking techniques, recipe substitutions and makeovers, creative use of herbs and spices and healthy recipe book suggestions. A cooking demonstration and taste testing can also be incorporated.

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Men's CARE Series

Fatherhood in the Millennium

Cultural images and assumptions about fathers are usually negative and disempowering. These assumptions are present at a time when true father energy is critical for our families and culture. This **one-session workshop** will examine the father wound, bonding with your children, and work issues and fatherhood.

Prostate Cancer

This **one-session workshop** will educate participants about prostate cancer-how it develops, who is at risk, its effects, early detection and available treatment options. Prostate cancer is the most common cancer among American men but it remains one of the most ignored diseases in the United States.

Mid-Life Wellness for Men

Everyone who is middle aged or who has passed through this period knows how challenging life can be. Ancient stories about mid-life frequency contain profound insights about similar problems and about how they were addressed then. This **one-session introductory workshop** will examine these tales of wisdom for symbolic, psychological and spiritual meanings and then apply their wisdom to men's lives today.

Changing Gender Roles

Gender roles for men have been changing. With more women joining the workforce and the women's liberation movement, men have had to take on new roles. Men share more household chores, spend more time caring for children and have women bosses. In this **introductory workshop**, the book *Men are From Mars, Women are From Venus* is used to help men improve communication skills, heighten awareness and understanding necessary for these new gender roles.

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Stress Management Workshops

Stress Management: A Better Way to Live

This **one-session workshop** addresses the many facets of stress and how it impacts on your well-being. A variety of problem-solving techniques, coping strategies and relaxation interventions are discussed for immediate use. Our speaker makes this workshop enjoyable and will focus on your employee's stress issues.

Relaxation Techniques

Learn a variety of techniques that will help make emotional and physical changes in stressful situations. This **one-session workshop** focuses on positive thinking and learning how to incorporate fun in your life. This workshop introduces a variety of useful techniques that will elicit the "relaxation response" and will help you cope with stress. These techniques include guided imagery, mindfulness diaphragmatic breathing, and exercise.

Women and Wellness Workshops

Breast Health: Awareness, Prevention, & Early Detection

Thanks to the progress made in breast cancer research, the survival rate for this disease continues to rise. You will learn the precursors of breast cancer, and how certain life-style changes can help you prevent this disease.

Anti-Aging

This workshop focuses on the integration of traditional medicine and complimentary therapies. Learn about nutritional supplements, natural hormone replacement therapy, and both conventional and complimentary modalities to nurture your whole self.

Natural Hormone Replacement Therapy

Learn about the latest natural remedies for hormone replacement therapy. Uncover information about the risks and benefits, relieving symptoms, and the safest, most effective doses.

Ease the Journey Through Menopause

Learn how massage and other holistic remedies can help you or a loved one ease the symptoms of premenopause, menopause, and postmenopause. This workshop will describe natural, healthy solutions to release anxiety, irritability, fatigue, joint pain, headaches, and other discomforts that can accompany this transition in life.

Wellness Ways for a Healthy Heart

Learn the most effective ways to help reduce the risk of heart disease. Topics of discussion will include heart-healthy eating, starting and sticking with an exercise program, and managing stress.

Men's Health Workshops

Back Safety in Everyday Life

Many lost work hours are attributed to low back pain. This workshop will help employees prevent serious low back problems by discussing general back and neck anatomy, and proper body mechanics for working, lifting, and stretching. Simple exercises and relaxation techniques for prolonged work periods will also be covered.

Prostate Cancer Awareness

Learn how to reduce the risk of prostate cancer. This workshop will focus on the causes, symptoms, diagnosis, treatment and prevention of this common disease.

A Pound of Prevention: Healthy Eating for Males

This **one-session workshop** focuses on attitudes towards food, energy balance, fat content in foods, recipe and menu planning as well as healthy cooking ideas. This program will also provide information on the current food pyramid guidelines.

Family Care Workshops

The Sandwich Generation

This generation of “baby boomers” faces the challenges of raising children and caring for aging parents. This workshop provides coping strategies and tips on how to maintain a healthy balance through this life adventure.

Communication Skills

Learn techniques the whole family can use on how to be a non-defensive communicator. This workshop will teach you how to express yourself openly and effectively, while creating a more harmonious living environment.

Healthy Family Nutrition

Learn how to implement a heart-healthy diet that the entire family will benefit from. This workshop will focus on supermarket smarts, low-fat cooking, dining out, and special occasion eating.

First Aid/Home Safety

Many accidents/injuries occur within your own home. Learn simple and helpful tips on how to help safe-proof your home. This workshop will also provide consumer education on first aid techniques.

Fitness & Movement

Yoga

This is a beginner's class that concentrates on stress reduction and increased fitness. Participant's are encouraged to focus on strict body alignment, coordination of breath and movement, holding the postures, and posture transitions. Participants should wear loose, comfortable clothes and bring a yoga mat or towel.

Tai Chi

This soft, internal, ancient Chinese martial art consists of slow, flowing, meditative movements. Tai Chi can help increase coordination, flexibility, and balance, while helping to reduce stress. Participants should wear loose, comfortable clothes.

Strength Training

This class is for all fitness levels. All of the major muscle groups of the body will be strengthened using dumbbells and your own body's resistance. Incorporated in this class will be a light warm-up, a variety of weight-lifting exercises, stretching, and floor exercises. Participants will receive numerous benefits such as reduced risk of osteoporosis, increased metabolism, and decreased risk of injury. Participants should wear loose, comfortable clothes and sneakers. Participants must also bring an exercise mat or towel and their own free weights.

Body Sculpting/Low Impact Aerobics

This intermediate fitness class consists of a low-impact cardiovascular work-out, which includes floor exercises, basic yoga postures, and stretching and weight training. Benefits of this class include toning of muscles, increasing caloric burning potential, improving the heart's efficiency, and assisting in stress-reduction.