

Experience Counts!

Our Consultants and Health Educators are highly trained and experienced at helping individuals make substantial changes in their diet, fitness, and lifestyle to achieve optimal health.



**Monarch Health
Promotions**



**Menu of
Health and
Wellness
Services**

Monarch Health Promotions 

Office: 520-404-4558

E-mail:

Michelle.Taylor@MonarchHP.com

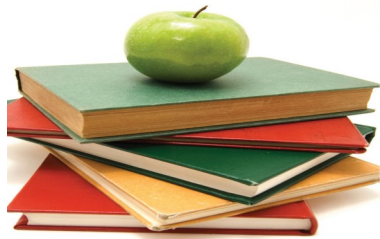
www.MonarchHP.com

● **(520) 404-4558**

**"The Future Depends
On What We Do In the
Present." - Gandhi**

Monarch Health Promotions offers a wide range of wellness services to increase risk awareness and promote a healthier professional and personal life-style. Prevention leads to lower health care costs, improved productivity, and higher retention.

All of our programs can be customized to meet the specific needs of any organization. Our consultants and educators can provide one-hour, one-day and multi-week courses, seminars, and workshops on subjects relating to organizational and personal wellness, stress management, disease prevention and more.



◆ **Wellness Workshops:**

Designed to inspire individuals and employees to take significant, preventative steps for their long-term health and wellness, which translates into significant health care cost savings. These interactive one-hour formats are perfect for a lunch and learn presentation and can be scheduled a la carte or implemented as a year long program (8 workshops total) for maximum change and impact.

Nutrition Workshops

Nutrition is an essential component to wellness. It is a broad topic that can be incorporated into so many facets of life and the workplace. With recent statistics showing 62% of Americans are overweight or obese, it makes financial sense for employers and individuals concerned about long-term health costs, to invest in effective nutrition education.



- ◆ Portion Distortion
- ◆ Eat Well, Live Longer
- ◆ Eating for Energy
- ◆ Healthy Eating on The Go
- ◆ Fabulous Fats, Sugar Cravings
- ◆ Low Stress Diet, High Stress World

Stress Management Workshops

Employees consistently identify stress management as a top priority. Monarch Health Promotions helps employees identify their own particular stressors, practice different relaxation techniques, and use preventative stress management skills.

- ◆ Cracking Down On Stress
- ◆ Let's Talk-Resolving Conflict
- ◆ Success Over Stress (S.O.S.)
- ◆ Changing Risk Behaviors
- ◆ Fitting in Fitness
- ◆ Setting Physical Fitness, Healthy Eating and other Wellness Goals

Disease Prevention Workshops

- ◆ Getting Inspired to Quit Smoking!
- ◆ Smoking, A Health Hazard to Children
- ◆ Healthy Spaces, Make Happy Faces
- ◆ Heart Truth and Consequences
- ◆ Diabetes, Are You At Risk?
- ◆ Breathe Well, Live Well With Asthma
- ◆ Understanding Blood Pressure
- ◆ Depression as a Chronic Disease

◆ **Management Seminars:**

Implementing Ergonomics Programs

Back injuries are the leading cause of lost work time in the any industry. Ergonomics programs

are a successful tool for the reduction of musculoskeletal injuries and their related costs. Find the best way to implement an effective program with this 1 hour seminar.

Workstation Design

This practical seminar for managers will help you make decisions regarding computer workstation design that incorporate key principles of injury prevention. Topics include: adjustment of office chairs, keyboard position, use of existing equipment, and economical tips for the acquisition of new equipment.

◆ **Group Courses:**

Changing habits can be very challenging. Key elements in programs that foster successful behavior change include education and group support.

Healthy Habits for Life!

An 8-week group weight loss program that emphasizes instruction on proper nutrition and lifetime weight management skills. Participants will learn the basics of nutrition, meal planning, restaurant dining, how to modify favorite recipes, how to develop a personal exercise plan, and tips on making positive lifestyle changes.

Inspirations Smoking Cessation



Lost productivity and forfeited earnings due to smoking-related disability account for \$92 billion per year to the US economy. Smoking is the leading cause of preventable death and disability in the United States, yet one out of every four American adults is a smoker. This 8-week program covers:

- ◆ Nicotine awareness assessment, quit plan preparation, medication options and lifestyle skills exercises.
- ◆ Weight management and nutrition support- learn how to effectively control weight gain during the quitting process
- ◆ Relapse prevention