

HMSA Health Education Programs

Workshop Catalog



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HMSA Health Education Programs

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DISEASE AWARENESS

DIABETES 101 - UNDERSTANDING DIABETES

Learn basic facts, risk factors, and complications related to hyperglycemia. Get tips on how to prevent diabetes or, if you have it, how to control it to live a full and productive life.

HEART DISEASE OR HEART AT EASE

Explore how cholesterol and high blood pressure affect your heart. Complete an assessment of your risk factors and learn how to minimize your risk.

HYPERTENSION EXPLAINED

What is hypertension? When does it become a problem? How can you control it? Get answers to these questions and more.

MEN'S HEALTH

Many men don't get regular physical checkups or preventive screenings. Explore the health conditions that place men at risk and learn about recommended screenings for heart disease, prostate cancer, and more. Learn how men can improve and maintain their health.

WHAT THE *HECK* IS CHOLESTEROL?

What is cholesterol? Is it a bad thing or a good thing? Does your body need it? Get the answers to these questions and more.

WOMEN'S HEALTH

Discover important health screenings that women should have. Learn about breast cancer and osteoporosis and get tips on practicing proper self-care.

GENERAL HEALTH

DIGESTIVE HEALTH – YOUR ALLY IN WELL-BEING

Nobody likes to get a "sore stomach." Learn why simple, small changes in your diet and eating habits can improve your digestion and overall health and well-being.

GERM BUSTERS – RELIEF FROM THE COMMON COLD & FLU

Join us in this lighthearted session for an overview of two common respiratory illnesses. Discuss symptoms, treatment of symptoms, and preventive measures. Activities include a team competition to see who knows the difference between virus fact and fiction.

MUSIC AND HEALTH

Music, laughter, and dance are clinically proven to have positive long-term effects on health. This lively workshop explains why and invites you to laugh, hula, and sing your way to relaxation, mental calm, and overall enjoyment of life.

RE | THINK ... A PRACTICAL INTRODUCTION TO POSITIVE PSYCHOLOGY

Positive psychology is the scientific study of what goes right in life. Learn the importance of taking time each day to rethink your perceptions and attitudes, allowing you to tap into that inner source of well-being.

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SWEET DREAMS: THE BENEFITS OF SLEEP

Do you struggle to fall asleep and stay asleep? Do you wake up feeling like you've hardly slept at all? Sleep deprivation has been linked to weight gain and other health problems. Find out how much sleep you need, why you need it, and how to get more (and better) sleep.

WELLNESS 101

We often try to make lifestyle changes to benefit our health. Unfortunately, well-intended attempts can fail or backfire due to lack of planning or drastic approaches. Learn how to use the "Stages of Change" model for making comfortable, lasting improvements. Taking small(er) steps can be effective toward becoming more active, eating healthier, and relieving stress.

HEALTHY AGING

BRAIN FITNESS

Optimal brain function is the result of physical support and mental stimulation. Learn several exercises to keep your brain healthy and improve your ability to think, reason, and solve problems.

SUCCESSFUL AGING BEGINS WITH YOU

Explore the aging process and how it affects you. Learn about aging in other cultures and discover the secrets of some of the longest-lived people in the world, then get tips on applying this knowledge to your own life. Topics are relevant to everyone and may be especially helpful for caregivers.

INJURY PREVENTION

BACK TO BASICS

To reduce your risk of lower-back injuries, learn about good posture and proper lifting technique. Get information on anatomy of the back and find out how various conditions can trigger pain. Learn some stretching exercises, too.

BALANCED LIFE

Falls are all too common as we go through life, particularly in our later years. The results include broken bones, head injuries, disability, and possibly death. Review risk factors that lead to loss of balance and practice drills and assessments to improve your chances of leading a "balanced life."

WORKSTATION WELLNESS

Do you spend most of your work day in front of a computer? If yes, you're at risk for repetitive motion disorders, poor posture, eyestrain, and perhaps most dangerous – a sedentary lifestyle. Learn healthier computer setup and usage and realize that you can be comfortable at work.

NUTRITION

EATING ON THE RUN

Learn the best meal and snack options for those days when you don't have time to prepare a meal. Get tips on making healthy choices quickly.

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HEALTHY EATING ISLAND STYLE

Here in Hawaii, we love our food. But does our way of eating contribute to the obesity epidemic? Can local favorites fit into a healthy diet? Get the essential tools and strategies that can make it easier to choose nutritious local foods.

MEATLESS ALTERNATIVES

Whether investigating the vegetarian diet, exploring your “veg curious” side, or simply looking for ways to add a healthful variety of foods to your regular fare, learn the basic principles of healthy eating without meat. Explore the common elements of foods and learn how to get necessary nutrients exclusively from plant sources.

SEASON’S EATINGS*

The holidays are full of buffets, parties, desserts, drinking, and so on. “Moderation” is the key word as we discuss strategies to maintain your weight (and health) while still enjoying the festive season. Learn how container size, design, and proximity can influence eating habits.

*Offered only in November and December.

SUPERMARKETING!

Making healthy food choices can be simple if you shop with a plan and are aware of clever marketing techniques. Learn how to use Nutrition Facts labels as a guide to healthier choices and be a savvy shopper.

PHYSICAL ACTIVITY & EXERCISE

EXERCISE: THE MAGIC BULLET

Many of us can’t find the time for exercise or don’t know where to begin (or both). Discover how exercise can benefit you and learn simple steps to starting an exercise routine. We’ll talk about equipment for home-based workouts, try simple activities, and practice monitoring our heart rate to gauge workout intensity.

HIKING FOR HEALTH

Learn the basics of hiking in the islands, including safety, gear, groups, and trails.

LAUGH-SING-MOVE ... Simple activities to fill us with mindfulness, not calories.

A recent study has shown that Americans are snacking to the tune of 570 calories more per day than in the 1970s. To resist snacking, we invite you to laugh out loud, sing with vigor, and move. Dress comfortably and bring your smile. We’ll burn calories together!

MIND YOUR MUSCLES

Are you physically active but would like to further improve your fitness? Review basic muscle anatomy and discuss how to get stronger and more flexible. We’ll practice strength-training exercises that you can do at home.

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SENIOR FITNESS

As we get older, terms such as “muscle atrophy,” “bone loss,” and “joint stiffness” become all-too-familiar in our vocabulary. But with awareness and effort, we can maintain or even improve our strength and mobility as the years advance.

STRESS MANAGEMENT

MEDITATION

Modeled on the work of Harvard cardiologist Herbert Benson, M.D., this quiet and restorative class helps you find a way to relax that suits your abilities and demeanor. Explore five techniques of meditation through visualization, affirmation, mindfulness, sound, and fragrance.

NO TEARS CUSTOMER SERVICE

On the front lines, representatives in public contact areas often field phone calls from angry customers. But it could happen to anyone. Learn proven ways to defuse anger bombs and create a win-win ending to even the most challenging situations.

STRESS BUCKET

Each of us has a certain amount of stress we can hold before it overflows. Knowing how to drain this stress is crucial to preventing high blood pressure, anxiety, and other health conditions. Learn practical, enjoyable ways to lower the volume of stress in your bucket.

TAKE A LOOK AT STRESS

Join us on this scientific journey to find the true source of stress. (As you might have guessed, it really is “all in your head.”) Apply simple yet highly effective breathing techniques (including laughing and singing!) that are practically guaranteed to reduce your stress symptoms.

WEIGHT AWARENESS

GOODBYE DIET! HELLO HEALTH!

Rethink your weight management game plan. Explore the factors that have contributed to our nation’s struggle with obesity. When you learn the difference between real food and processed food, you’ll begin the journey away from the myth of losing weight to the joys of gaining health.

WHAT ARE CALORIES AND WHY ARE THEY TRYING TO WRECK MY LIFE?

Find out what calories are and why they’re not necessarily the biggest enemy in the battle of the bulge. Get information you can use now to make better choices about what to eat and what to avoid. We’ll even do some science experiments.

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YOUTH WELLNESS

FAMILY FITNESS

Keeping active doesn't have to be a solo effort – get the whole family involved and make it fun! We explore appropriate exercises for children of all ages and tell you about fun spots on your island for physical activity. Creating a healthy family environment might be easier and more enjoyable than you think.

FITNESS TESTING

QUICK FITS

This is a fitness assessment, not a group workshop. Here, you'll discover your strengths and weaknesses during a confidential, individualized 10-minute assessment. We'll measure your upper body strength, flexibility, and balance that you can use as a starting point for your well-being journey.

Contact your HMSA representative if you have any questions or to schedule a health education workshop.