

# Health Education Presentations

- All presentations are offered by the Tulsa Health Department free of charge
- A 30-day notice will be required for appropriate scheduling and availability
- All sessions last 30 – 45 minutes with time for questions from participants
- IT equipment and supplies will be provided by host site as requested by presenter
- For more information, and to schedule your session, please contact the individuals listed in each category.

## Health and Physical Activity

Presented by Connie Berson, RN, BSN | [cberson@tulsa-health.org](mailto:cberson@tulsa-health.org) | 918.595.4075

### *Daily Physical Activity Made Easy*

Includes physical activity with stretching demo/practice, stress reduction with deep breathing demo/practice, sleep, and medical checkups with hand-out.

### *General Health For Older Adults*

Includes info on body weight, portion sizes, how to read a nutrition label, cholesterol, blood pressure, physical activity (demo/practice stretching, flexibility, balance) and mental fitness.

### *Heart Health—Take Charge*

Learn how the many choices you make daily can impact your heart, empowering you to take charge of your health.

### *American Lung Association Freedom From Smoking series*

contact us for more details on this smoking cessation program.

## Nutrition

Presented by Natalie Mallory, MS, RD, LD | [nmallory@tulsa-health.org](mailto:nmallory@tulsa-health.org) | 918.595.4346

### *Heart Healthy Diet*

Maximize heart healthy foods in your diet to minimize your risk of heart disease. You'll learn how diet can have an effect on heart health and how to choose foods that have a positive effect. We'll look at the risk factors for heart disease and heart healthy resources that are available to you.

### *Eating to Manage Blood Sugar (Diabetes)*

Have you been diagnosed with pre-diabetes or type II diabetes? This presentation will explain the connection between diet and managing your blood glucose.

### *Good for you Fats*

Don't get confused by fats! Learn how to replace unhealthy fats in your diet with fats that are good for your heart. Come ready to end the confusion!

### *Eating on a Budget*

It is possible to eat healthy on a budget! Learn how to stretch your food dollars by planning ahead, food selection tips and get low cost recipes. Spend less, eat better!

### *Nutrition Basics (MyPlate)\**

How can you plan a diet to maximize your intake of essential nutrients and meet your calorie needs? Based on the ChooseMyPlate message, "Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy." We'll look at the tools that are available to help you achieve this goal. *\*This presentation can be expanded or divided into several segments.*

### *The New Nutrition Facts Label*

Learn how to use the new Nutrition Facts Label to plan a healthy diet. This label includes a lot of information and is an important tool for choosing foods most beneficial to meeting your nutrient and energy needs.

### *Sugar Busters*

The amount of added sugar considered healthy in the diet was recently reduced to "less than 10% of total calories." Learn how much added sugar this means for you, which foods are highest in added sugar and strategies to reduce added sugar to meet this recommendation.

*If you don't see the topic you're looking for above, please ask. We may be able to accommodate your special request.*