

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 | 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.

Stress Busters For At Work and Beyond

Learn all about stress—the Good, the Bad and the Ugly and what one can do to live more comfortably with it.

Heart Health—Take Charge

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

You Don't Have To Be The Wellness Coordinator (to bring wellness to your worksite)

Learn healthy worksite activities, health-enhancing designs, and de-stressing tricks.

Nutrition

Presented by Natalie Mallory, MS, RD, LD | 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 minimize your risk of chronic disease? MyPlate recommendations are based on optimizing health outcomes

The New Nutrition Facts Label

Learn how to use the new Nutrition Facts Label to plan a healthy diet. Developed using the Dietary Guidelines for Americans, the label is intended to guide choices toward healthier options.

Healthy Approaches to Weight Loss

There are a so many factors that have an effect on body weight, but fad diets usually don't provide lasting results. Achieving and maintaining a healthy weight can be done while following a nutritious diet.

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