

SMARTalk Presentations

WELLNESS



Presentations

- Thyme For A Salt Substitute:** *Low Sodium Health*
- The Power of Hydration:** *Infused Water Tastings*
- A Good Balance:** *Prevent Falls & Improve Strength*
- Playing It Safe:** *Home Safety Checklist & Safety Tips*
- Love Your Heart:** *Heart Health & Healthy Foods*
- Take the Pressure Off:** *Blood Pressure Facts*
- Diabetes And Aging**
- Health Screens**
 - Fall Prevention*
 - Blood Pressure & Pulse*
 - Grip Strength*
 - Ear Canal Screening*
 - Balance Assessment/Reach*
 - Blood Sugar Screening*
- Eating Green on a Budget**
- Diabetic Nutrition**
- Focusing In On Eye Health**
- Bone Up On Osteoporosis**
- Staying Active in Mind, Body & Spirit**
- Healthy Dessert Choices**
- Healthier Holidays**

MEDICAL



Presentations

- Blood Pressure:** *What You Know Can Save Your Life*
- Alzheimer's & Dementia:** *What You Need To Know*
- Physical, Occupational & Speech Therapies**
- Finding Your Voice:** *Communication Alternatives*
- Signs & Symptoms of a Stroke**
- Signs & Symptoms of a Heart Attack**
- Living With Diabetes**
- Brain Injury Services**

GENERAL



Presentations

- Advance Directives:** *Making Your Wishes Known*
- Caregiver Support:** *You CAN Avoid The Burnout*
- The Medicare Maze:** *Medicare Overview*
- Senior Travel Tips**
- Flag Trivia**
- Holiday Trivia** (Valentine's Day, Easter, etc)
- Homestead "Jeopardy":** *Health Trivia*
- Medicare D Enrollment** (Oct 15.-Dec 7)
- By Request** _____

Speakers for available for Churches, Civic Groups, Wellness Programs or Businesses

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NATIONALLY



RECOGNIZED



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