

LUNCH AND LEARN SEMINARS

Any of these programs can be presented at your workplace.

1. Nutrition Today: Facts and Fallacies

Each day seems to bring another report on diet and health. This practical program from the [American Diabetes Association](#) cuts through the confusion, providing sound information on current nutritional recommendations, as well as how to use food labeling to make smart choices.

2. Speaking Out on NSAIDs

You might be confused about drug safety. First *Vioxx* was pulled from the market, then naproxen's safety was questioned and, finally, the FDA went against its advisory panel's recommendation and pulled *Bextra* from the market as well. The [Arthritis Foundation](#) speaks candidly about these drugs and gives answers to your questions.

3. What is Multiple Sclerosis

Facts and fallacies about the most commonly diagnosed neurological disease among persons 20 to 50. Presented by the [National Multiple Sclerosis Society](#), this program focuses on the physical and emotional aspects of living with this chronic illness. Treatments research and things that can make living with Multiple Sclerosis a little less devastating are discussed.

4. Memory, Aging and Alzheimer's Disease

Do you worry about your memory? Are you concerned about a family member's forgetfulness? Do you ever wonder about Alzheimer's disease? In this positive and upbeat talk, the [Maine Alzheimer's Association](#) will discuss issues of memory and aging and will answer your questions.

MEMBER HEALTH AGENCIES

ALS ASSOCIATION
AMERICAN DIABETES ASSOCIATION
AMERICAN HEART ASSOCIATION
AMERICAN KIDNEY FUND
AMERICAN LUNG ASSOCIATION OF MAINE
ARTHRITIS FOUNDATION
BRAIN INJURY ASSOCIATION OF MAINE
CROHN'S & COLITIS FOUNDATION OF AMERICA, INC.
CHILDREN'S TUMOR FOUNDATION
CYSTIC FIBROSIS FOUNDATION
FAMILY PLANNING ASSOCIATION OF MAINE
JUVENILE DIABETES RESEARCH FOUNDATION INTERNATIONAL
MAINE ALZHEIMER'S ASSOCIATION
MAINE CANCER FOUNDATION
MAINE PARKINSON SOCIETY
MAINE SIDS FOUNDATION
MARCH OF DIMES BIRTH DEFECTS FOUNDATION
MUSCULAR DYSTROPHY ASSOCIATION
NATIONAL KIDNEY FOUNDATION OF MAINE
NATIONAL MULTIPLE SCLEROSIS SOCIETY
NEW ENGLAND HEMOPHILIA ASSOCIATION
PINE TREE SOCIETY FOR HANDICAPPED CHILDREN AND ADULTS
ST. JUDE CHILDREN'S RESEARCH HOSPITAL



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WELCOME TO

LUNCH AND LEARN

A MENU OF ON-SITE
HEALTH SEMINARS
FOR MAINE
COMPANIES



PREPARED BY COMMUNITY HEALTH
CHARITIES OF MAINE
AND ITS PARTICIPATING
HEALTH AGENCIES

COMMUNITY HEALTH CHARITIES OF MAINE LUNCH AND LEARN SEMINARS

What's a *Lunch and Learn* seminar?

Lunch and Learn seminars are informational health programs specially designed by Community Health Charities of Maine and its member agencies for Maine companies that support health, disease prevention and wellness amongst their employees. It's an efficient, fun and easy way for employers to connect their employees with over twenty local agencies.

Lunch and Learn seminars focus on disease prevention, coping techniques and lifestyle modification. They feature:

Concise, up-to-the-minute information;

Presentations right in your workplace;

A compact format that fits nicely into a meal break;

Knowledgeable presenters;

Helpful handout materials; and an informal atmosphere your employees will enjoy.

5. Giving the Greatest Gift

The decision to be an organ or tissue donor may be the greatest gift you ever give your family. *The National Kidney Foundation of Maine* tells the compelling story of what your choice can mean to the people you love – and to those you’ve never met.

6. Red Flag New England – Women and Bleeding Disorders

An insightful program from the *New England Hemophilia Association* revealing the most common yet least diagnosed bleeding disorder affecting women and teenage girls. This disorder called Von Willebrand Disease (vWD) affects up to 3 in 100 people and is much more prevalent than hemophilia. Misdiagnosis of vWD has tragically led to dangerous and frightening bleeding, unnecessary hysterectomies and psychological trauma. Treatment is available when proper diagnosis is achieved. This session covers the symptoms, treatment options and contacts for proper diagnosis and care.

7. Babies and You

A work site prenatal health program by the *March of Dimes Defects Foundation* to help men and women have healthy babies. Discusses lifestyle behaviors and other factors that can affect a baby’s health from conception to birth. Topics tailored to company wishes, but can include nutrition, genetic counseling, prenatal care, preconception planning and more.

8. Brain Injury: The Silent Epidemic

Brain injury affects over 2,500 people in Maine each year. Maintaining meaningful employment and regaining social connections are the two most frequently cited concerns of survivors and family members. The *Brain Injury Association of Maine* teaches what this is about and how you can help a loved one.

9. Type I – Juvenile Diabetes: An Introduction

Type I diabetes, also called juvenile diabetes or insulin-dependent diabetes, is a disorder of the body’s immune system—that is, its system for protecting itself from viruses, bacteria or any "foreign" substances. This introduction from *Juvenile Diabetes Research Foundation International* answers all of the questions surrounding this disease.

10. Understanding Breast Cancer

As the leading cause of cancer-related deaths, (second only to lung cancer), breast cancer is a major health issue facing all women today. Who is at risk for developing breast cancer? Why is early detection so important? What you can do to fight this disease and how is *Maine Cancer Foundation* battling breast cancer? These questions and many more will be addressed.

11. Parkinson’s Disease: Knowledge is Power

The diagnosis of Parkinson’s disease is devastating for the whole family. A study suggests that 30% of people with Parkinson’s disease develop memory deficits and/or other cognitive impairments. The *Maine Parkinson Society* presents a better understanding of how this disease affects your life and the lives of the people around you and will enable you and your loved ones to cope and to make better choices that will improve your lives.

12. How to Maintain a Healthy Heart

The *American Heart Association* offers advice on reducing your risk of cardiovascular disease. You’ll learn how exercise, nutrition, smoking and stress affect heart health; and how to spot early warning signs of heart attack and stroke.

13. Disability Awareness

People with physical disabilities can remain productive members of the work force, often with only simple accommodations. Learn what types of workplace accommodations have been successful in many companies, and get basic information about the Americans with Disabilities Act from the *National Multiple Sclerosis Society*.

14. Keeping Our Minds Sharp As We Age

Are we all destined to become forgetful as we grow older? Are there steps we can take to prevent those embarrassing “senior moments”? In this stimulating and fun talk, the *Maine Alzheimer’s Association* will provide specific strategies to help us maintain our brain power despite the passage of time. The program will also explain when memory loss can be the symptom of a more serious condition.

15. Women and Heart Disease

Heart disease is too often thought of as a problem of middle-aged men. In fact, heart disease knows no such boundaries. That’s why the *American Heart Association* offers this special program focusing on the unique health risks women face with regard to heart disease. Session is appropriate for men and women.

16. Talk with your Children

The *Family Planning Association of Maine* brings this presentation to parents and covers such topics as: talking with children and teens about sexuality, enhancing communication skills and developing healthy relationships, as well as how to raise your child’s and/or teen’s self-esteem.

17. What is Neurofibromatosis?

The Children’s Tumor Foundation presents a discussion about neurofibromatosis, a set of genetic disorders which cause tumors to grow along various types of nerves and which, in addition, can affect the

development of non-nervous tissues such as bones and skin. NF causes tumors to grow anywhere on or in the body and can also lead to developmental abnormalities.

18. Back to Sleep: Reducing the risk of SIDS

An update on Sudden Infant Death Syndrome (SIDS) from the *Maine SIDS Foundation*. Uses materials from the *National Institute of Health* and the *Maine SIDS Foundation* to discuss what is known about SIDS and what can be done to reduce risk.

19. Preventing and Detecting Diabetes

Learn from the *American Diabetes Association* on how you can reduce your risk of diabetes or delay its onset. Become familiar with the early warning signs and symptoms of the disease and get advice on understanding diagnosis and treatment.

20. Learn about ALS

Amyotrophic lateral sclerosis (ALS), more commonly referred to as Lou Gehrig’s disease, affects as many as 30,000 Americans. Learn about this disease from the *ALS Association* and also about what kinds of recent advances in research and medical care are helping patients and their families to cope.

21. Exercise for a Healthier Heart

The *American Heart Association* discusses the importance of exercise to good heart health. Learn how physical activity can help prevent heart disease or help cardiac patients back to better health.

To arrange for a
Lunch and Learn Seminar,
call Community Health Charities’ Assistant
Coordinator, Coralie Curran, at 207-799-4666