

2018-2019 Presentations and Workshops

Preventing and Managing Chronic Disease	
<ul style="list-style-type: none"> • Are You at Risk? The Facts about Preventing Diabetes • High Blood Pressure: The Silent Killer • Nutrition 101: Basic Strategies for Healthy Eating • Making Meals Fun: Mealtimes with Young Children • What's In Your Food? Reading and Understanding Food Labels • Sip This, Not That: The Advantages of Healthy Beverages • Get Moving! The Beginner's Guide to Staying Active 	<p>Contact: WorkWell NYC WorkWell@olr.nyc.gov Register Here</p>
Mental Health and Stress Management	
<ul style="list-style-type: none"> • Caretakers Taking Care of Themselves • Mindfulness and Stress Management • Bereavement • Managing the Stress of Change • Communicating Difficult Feelings • An Orientation to EAP Services • Mental Health Awareness 	<p>Contact: Employee Assistance Program eap@olr.nyc.gov 212-306-7660</p>
<ul style="list-style-type: none"> • Mental Health First Aid Training 	<p>Contact: ThriveNYC mmoe@health.nyc.gov</p>
Financial Planning	
<ul style="list-style-type: none"> • Money and Credit • Women's Financial Roundtable • Retirement Planning • College Planning • Tax Planning • Deferred Compensation Plan Basics • Distribution Planning • Elder Care • Estate Planning • Insurance Planning • Social Security and Medicare 	<p>Contact: Deferred Compensation Program 212-306-7760</p>
Emergency Preparedness	
<ul style="list-style-type: none"> • How to protect yourself in case of an emergency • Developing an emergency action plan • Preventing domestic violence • Preventing workplace violence • How to keep your home and personal property secure • Traveling safely between work and home 	<p>Contact: NYPD Crime Prevention Bureau crimeprevention@NYPD.org</p>
<ul style="list-style-type: none"> • CPR (compressions-only) and automated external defibrillators (AEDs) 	<p>Contact: FDNY Mobile CPR Unit 718-281-3888</p>