

Community Health Programs

Nutrition, Behavioral Health and Exercise



NUTRITION TOPICS



- **General:** building a healthy plate, reading the nutrition label, navigating the supermarket, fueling for exercise.
- **Specific focuses:** diabetes, heart health, gut health, immunity, weight management.
- **Trends:** plant-based diets, mindful eating, fad diets.
- **Specific populations:** pre and post-natal nutrition, picky eaters, parents, aging well, sports nutrition, worksite wellness nutrition.

BEHAVIORAL HEALTH TOPICS



- **General:** self-care, stress management, gratitude, social well-being, mental health stigma, empowerment.
- **Specific focuses:** anxiety, meditation, breathing techniques, time management, journaling, holiday stress, grief.
- **Trends:** bullying, embracing change, improving focus, SMART goals, healthy habits.
- **Specific populations:** parents and families, teens, business owners, pre and post-natal mental health, chronic illness, active older adults.

EXERCISE PROGRAMS



- **Talks, Demos and Classes:** Yoga, Tai Chi, Pilates, Zumba®, Zumba® Gold, Chair Yoga, Stretch & Relax, Barre & Balance, Resistance & Core, Stretch Breaks at Your Desk.



To set up a free program for your group or business, please contact Jennifer at jenniferfgk@baptisthealth.net



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