



# 2023 Corporate Wellness Program

## About Our Program

### The 2023 Corporate Wellness Program features:

- Event platform access
- Live-air webinars by leading professionals
- Moderated question & answer session
- On-demand webinars
- Health & wellness resources

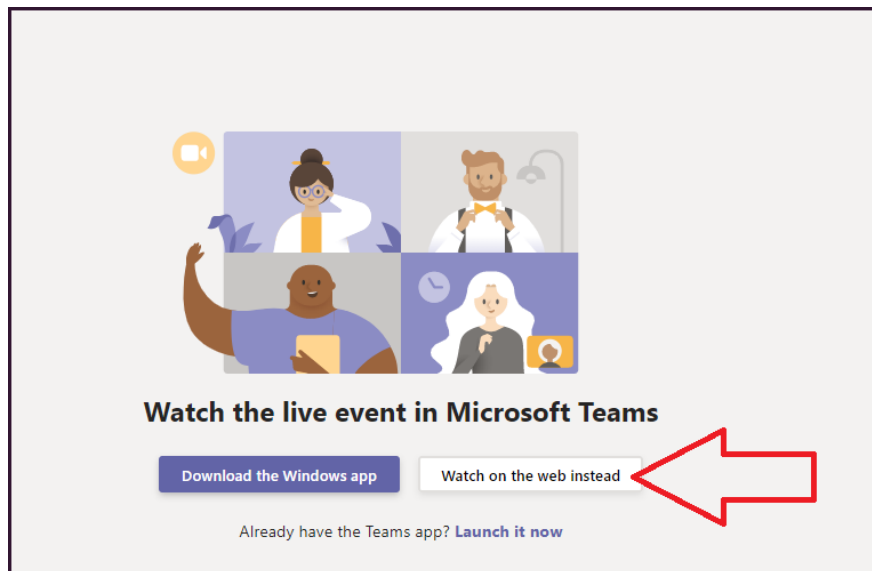
**Live Air:** Webinar presentations are air live on the date(s) provided. A Q&A/discussion with a topic/healthcare professional follows the presentation. Topics & dates are selected based on health professional availability and are subject to change. All sessions are available on-demand for up to 180 days following the live airdate, unless otherwise noted.

**On Demand:** The monthly feature On Demand webinar presentations are available any time. Upon registering for the on demand webinar, a webinar link will be sent along with an email confirmation.

## How to Attend a Live Event

All live-airing webinars are hosted on Microsoft Teams, unless otherwise noted. Live webinars are accessible via the Microsoft Teams App or viewing on the web using a compatible Web Browser (Chrome, Firefox, Edge.) A Microsoft account is recommended but not required. You may join anonymously.

1. Select or click the live event link
2. The event will load in the Teams App, if installed – or - If you do not have or do not have access to the Teams App, click **Watch on the web instead\***



*\*If participating in an employer-based benefits or incentive program, signing on with your corporate email account is recommended. If watching on the web instead, or joining anonymously, please include your name and employer name in the survey feedback to record your participation.*

3. You can use the controls at the bottom of the screen to pause, adjust volume and adjust video quality
4. You can submit questions by clicking “**Q&A**” on the right-hand side of the screen
  - Type your question in the compose box, then click **submit**
  - If you want to ask your question anonymously, select **ask anonymously**

### Missed the Live Event?

Watch the recording on-demand! The recording is available using the link provided for up to 180 days after airing.

# Corporate Wellness 2023

## January

### Healthy Grocery Shopping Made Simple



Do you feel overwhelmed when you go to the grocery store? During this webinar, you'll learn where to find healthy items in the grocery store, how to read labels, and what to look for when planning and shopping for healthy meals that help you feel great and reduce disease risk. Jessica Cording, MS, RD, CDN, Registered Dietitian and Health Coach will also show you how to make a healthy, balanced dinner that's easy enough for busy weeknights.

- Presenter: Jessica Cording, MS, RD, CDN, Registered Dietitian and Health Coach
- Webinar Date: 1/12

### The Importance of Primary Care

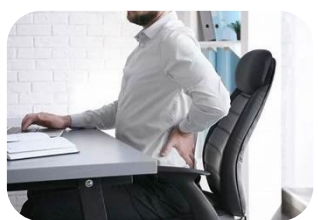


A primary care physician is a healthcare practitioner who sees people who have common medical problems and who can provide you with a trusting, ongoing relationship. Find out more about the many benefits of having this type of care, what to look for as you choose your primary care doctor and how to make the most of your doctor's visit.

- Presenter: Jaclyn Anne Sta. Maria, MD
- Webinar Date: 1/25

## February

### Office ergonomics: Your how-to guide



A comfortable work space can help you feel your best. Give your sitting work area a makeover. If you sit behind a desk for hours at a time, you're not doomed to a career of neck and back pain or sore wrists and fingers. Proper office ergonomics — including correct chair height, adequate equipment spacing and good desk posture — can help you and your joints stay comfortable at work.

- Presenter: Joe Labriola, MD from Chiro Health Spa
- Webinar Date: 2/1

### Understanding Your Heart – Back to the Basics



Heart disease can refer to many conditions, such as heart attack, stroke, heart failure, arrhythmia, and valve problems. We're getting back to the basics about strategies to prevent a cardiac incident. Stay one beat ahead as we also discuss common diseases of the heart.

- Presenter(s): Stuart Barr, MD, Cardiologist
- Webinar Date: 2/7

## March



### Hit the Trails for Health! Tips for Taking Your Workout Outdoors

Walking in nature boosts your mood and overall wellness, while adding fun to your fitness routine. Join Don Weise, the New York-New Jersey Trail Conference's Director of Donor Advising, author, and leader of more than 600 hikes and trails, for tips on finding and safely preparing for great, local hikes. You'll also learn how to build strength, balance, agility, and stamina as you enjoy the trails!

- Presenter: Don Weise from The New York/ New Jersey Trail Conference
- Webinar Date: 3/9



### Signs You Might Have an Undiagnosed Heart Condition

How do you know if you have an underlying heart condition in advance? Not all heart problems manifest themselves through clear warning signs, like a sudden pain in the chest, which is why a lot of them go undiagnosed. This can easily become a problem, since most health conditions that are not diagnosed early on may progress into a more advanced stage and may become more difficult to treat. The good news is there are often early signs that something with your heart isn't right.

- Presenter: Juan Grau, MD, Cardiothoracic Surgery Specialist
- Webinar Date: 3/21

## April



### April is Oral, Head & Neck Cancer Awareness Month

Last year, an estimated 66,470 people in the US were diagnosed with "head and neck" cancer (cancers involving the throat, larynx, nose, sinuses, or mouth). Fortunately, with early detection and appropriate treatment, the cure rates for many of these cancers are quite high. This webinar will review known risk factors, potential signs and symptoms, and treatment options for head and neck cancers.

- Presenter: Kevin Wood, MD, Medical Oncologist
- Webinar Date: 4/4



### First Aid/ Stroke Awareness

Prompt recognition, notification, and treatment can lessen the brain damage that stroke can cause. By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life—maybe even your own.

- Presenter: Jim Warin, Valley Hospital Emergency Services
- Webinar Date: 4/19

## May

### Strength Training: Anytime is a Good Time to Start!

Want to reduce body fat, increase lean muscle mass and burn calories more efficiently? Strength training to the rescue! Strength training is a key component of overall health and fitness for everyone.

- Presenter(s): Valley Health LifeStyles Exercise Specialist
- Webinar Date: 5/10



### Steady on Your Feet

Given the amount of stress we place on our feet after many years of use, it is no wonder that certain medical problems can occur in them. Join us to hear about some of the issues related to our feet and what we can do to manage them.

- Presenter(s): Mina Hanna, DPM, Podiatrist
- Webinar Date: 5/23



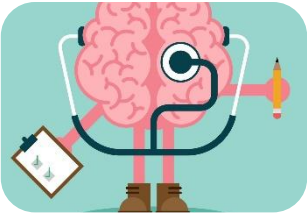
## June

### Mental Health First Aid

The signs and symptoms of mental health issues can vary widely in severity and frequency from person to person. That's why it's not always easy to determine if what you're feeling is something situational that may pass on its own, or whether it's something persistent that may require professional help.

It's important to know that mental health issues do not need to be "serious" in order for you to reach out for support. Whatever you're going through, your feelings and experiences are valid and you deserve support. But if you are starting to feel concerned about what you are noticing about your mood or behavior, there are warning signs to watch out for—and effective ways to seek help for whatever signs you're seeing. Practicing emotional hygiene — taking care of our emotions and our minds, with the same diligence we take care of our bodies will also be discussed.

- Presenter: Michael J. Tozzoli, MSW, LCSW, West Bergen Mental Health
- Webinar Date: 6/13



### Water Safety & The Benefits of Swimming

It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. Death and injury from drownings happen every day in pools, at the beach or in lakes and, bathtubs. Learning about and practicing water competency – which includes swimming skills, water smarts and helping others – can help water activities to be safer... and just as much fun.



The benefits of swimming will also be discussed. No matter what your fitness level, the general benefits of swimming are yours to go out and grab and make your own. Swimming has the power to give your muscles a makeover, transform you into a cardio king, and relax and refresh you.

- Presenter: Michael Lupo, LifeStyles Aquatic Manager
- Webinar Date: 6/22

## July

### The Top Summer Injuries & How to Avoid Them



Summer can be full of fun, but also hazards. To help keep you and your family well and soaking up the summer, Masood Ranginwala, DO, Emergency Room Physician, shares some of the top summer health and safety concerns (heat stroke, bug bites, sunburn, dehydration, swimming injuries and drownings, and firework accidents), tips for how to avoid injuries, and advice on what you can do if you encounter them.

- Presenter: Masood Ranginwala, DO, Emergency Room Physician
- Webinar Date: 7/13

## August

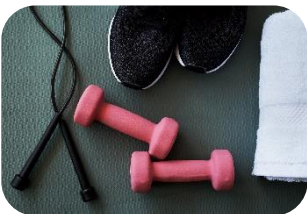
### Self-Care for Caregivers



In this presentation, dietitian, health coach, and author Jessica Cording will discuss the dangers of caregiver burnout, share warning signs to watch out for, and provide actionable tips and tools caregivers can use to support their physical, mental, and emotional wellbeing. Topics covered will include stress management, nutrition for busy and overwhelmed caregivers, movement, sleep hygiene, and tips for time and energy management.

- Presenter: Jessica Cording, MS, RD, CDN, Registered Dietitian and Health Coach
- Webinar Date: 8/10

### Got 10 Minutes? Try a Mini Workout



Getting exercise doesn't have to be a monumental task. Even just 10 minutes here and there throughout your day can make a noticeable and positive impact on your health. Exercising comes with a host of health benefits, from boosting your immunity to helping you sleep better at night. When done right and with appropriate intensity, a 10 minute workout can be an incredibly effective way to work up a sweat, get your heart pumping, and get your muscles working. Got 10 minutes at work?- Walk the stairs on a break. Do bicep curls during at your desk.

- Presenter: Valley Health LifeStyles Exercise Specialist
- Webinar Date: 8/16

## September



### **The Newest Techniques to Treat Your Varicose and Spider Veins**

Now is your chance to learn the newest techniques and options to finally treat your varicose and spider veins

- Presenter(s): Daniel Char, MD, FACS, Director, Vascular Intervention
- Webinar Date: 9/7

### **Pancreatic & Liver Cancer**



Pancreatic cancer has made headlines in recent years with celebrities such as Alex Trebek and Steve Jobs. Pancreatic cancer is often called the silent killer, and with good reason: most patients don't experience symptoms until the cancer is big enough to impact the surrounding organs. Even then, the symptoms are often vague, which is why this testing is so important. Dr. Winkler, Surgical Oncologist, will discuss symptoms and treatment options and provide answers to frequently asked questions about liver and pancreatic cancer.

- Presenter: Carl Winkler, MD, Surgical Oncologist
- Webinar Date: 9/20

## October



### **6 Signs You Need Pelvic Floor Rehab**

The pelvic floor is a group of skeletal muscles in the base of your torso that are responsible for bowel and bladder function and sexual pleasure. If your pelvic floor muscles are weak or are not working correctly, you may experience uncomfortable, inconvenient or embarrassing symptoms. But the good news is that a physical therapist specializing in pelvic floor rehabilitation may be able to help.

- Presenter: Justine Ward, Valley Pelvic Floor Physical Therapist
- Webinar Date: 10/4

### **My Aching Knees**



Knee pain can be caused by a number of issues. Join us to learn more about the anatomy of the knee and problems that occur as we age. Total knee replacement surgery is a treatment for knee pain usually caused by arthritis. Join us to learn about surgical considerations and procedures, including surgery with the Mako Robotic-Arm Assisted Surgical System.

- Presenter: Erik Zachwieja, MD, Garden State Orthopaedic Associates
- Webinar Date: 10/18



## November



### **Better Balance: Better Life**

Join us and our physical therapist to hear about normal gait, what affects your gait and balance, exercises, and activities for better balance, and learn when to see a specialist.

- Presenter(s): Valley Physical Therapist
- Webinar Date: 11/2



### **Fighting Fire With Fire**

What does food have to do with inflammation in our bodies? Learn how certain foods can be inflammatory in our bodies, leading to pain and healthcare issues - and which foods can help you manage this common condition.

- Presenter: Nicole Fuller, RDN
- Webinar Date: 11/15

## December



### **Don't Be a GLUTEN for Punishment!**

Is it celiac disease, gluten sensitivity (wheat sensitivity) or a food allergy (food intolerance)? Celiac disease is the result of gluten intolerance and a malabsorptive genetic disorder affecting 1 in 133 people in the United States. Common symptoms can include diarrhea, weight loss, and malnutrition. Learn more about the causes of celiac disease and its management.

- Presenter: George Protopapas, MD, Gastroenterologist
- Webinar Date: 12/5



### **Nutrition as You Age**

Good nutrition across the lifespan helps prevent chronic disease — and we know that it's never too late to make improvements to support healthy aging. Older adults are at greater risk of chronic diseases, such as heart disease and cancer — as well as health conditions related to changes in muscle and bone mass. The good news is that you can mitigate some of these risks by eating nutrient-dense foods and maintaining an active lifestyle.

- Presenter(s): Nicole Fuller, RDN
- Webinar Date: 12/14