

The Prevention Series™

The Prevention Series PowerPoint® presentations by LifeLong Health® address key health topics. The 1 to 3 hour presentations are used by health professionals and educators to teach people how to live healthy lives and prevent serious illness. 100 self-scored assessments are included with each presentation. Each seminar program heightens awareness of personal risks and encourages people to take preventive action.

Topics in the Prevention Series™ Seminars

- **Achieving a Lower Blood Pressure** - 54 slides
Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. Scientific research has shown several lifestyle factors that significantly lower blood pressure.
- **Achieving Healthy Eating** - 128 slides
Research increasingly demonstrates the value of a great many foods in lowering disease risk and in contributing to human health. Scientific research also shows that some foods do not contribute to our well-being.
- **Coping with Stress** - 47 slides
Excessive stress damages both mental and physical health. Learn how stress is affecting your health and how to take steps to improve coping skills.
- **Exercise is Preventive Medicine** - 63 slides
Physical activity provides many health benefits when done regularly. No wonder doctors are now referring to exercise as “Preventive Medicine.”
- **Preventing Alzheimer’s Disease/Brain Health for Life** - 62 slides
Learn about key lifestyle factors that influence brain health. Maintaining a healthy brain is essential for total body health, happiness, productivity, and a long life.
- **Preventing Cancer** - 118 slides
No one can predict who gets cancer. To fight cancer, create a healthy internal environment hostile to its growth, be watchful, screen appropriately and treat early.
- **Preventing Diabetes** - 68 slides
Scientific research indicates that diabetes is largely preventable by lowering known risks. When not preventable, risks of diabetes can be minimized.
- **Preventing Heart Disease** - 75 slides
Modifiable risks for heart disease are so well-studied that one can speak with assurance of lifestyle behaviors that effectively lower risks for heart disease.
- **Preventing Osteoporosis** - 59 slides
Sixteen areas of risk are discussed, most of them modifiable. The latest researched findings are included. Suggested preventive actions are practical.
- **Understanding Depression/Anxiety** - 33 slides
Depression is a leading cause of disability world-wide, and is associated with physical changes in the brain. Symptoms are typically scaled in severity, of variable duration, and may need professional care.

CD with PPT’s, Speaker Notes & 100 Self-scoring Questionnaires: \$125.00 each.

Set of 10 Prevention Series Seminars: ~~\$1,250.00~~ \$675.00

