

Speech and Language

- ◆ Effective Communication With the Hearing Impaired
- ◆ When is Stuttering a Problem?

Sports/Athletics/Exercising

- ◆ The Benefits of Strength Training
- ◆ Important Steps to Prevent Injuries
- ◆ Setting Up an Exercise Program
- ◆ Build Strength and Increase Flexibility
- ◆ The Athlete and the Age Factor

Technology Services

- ◆ What Can X-Rays and Radiation Imaging Tell Us?
- ◆ Laboratory Services: What Do They Tell Us?
- ◆ Technology in the Operating Room

Weight Loss And Healthy Eating

- ◆ Lap-Band Surgery—Taming Your Hunger
- ◆ Nutrition for Optimal Health
- ◆ Why are Americans Obese?
- ◆ Healthy Cooking Can Be Fun!
- ◆ Reading Food Labels: Grocery Shopping 101
- ◆ Holistic Health: Taking Care of You!
- ◆ Diet for a Healthy Heart
- ◆ Osteoporosis - Can it be Prevented?

Women's Health Issues

- ◆ Breast Health
- ◆ Menopause and PMS
- ◆ Balancing Career, Family and Health
- ◆ Women and Heart Disease
- ◆ Diet for a Healthy Lifestyle

More

Beloit Health System also has a team of counseling professionals including psychiatrists, psychologists, and social workers who will offer their speaking services free to the community.

**For speakers in the field of counseling please call:
(608) 364-5130**

Counseling Care

- ◆ Stress Management and Stress Stoppers
- ◆ Depression
- ◆ Parenting Strategies
- ◆ Family Issues
- ◆ Coping With Change
- ◆ Time Management
- ◆ AODA (Alcohol and Other Drug Addiction)
- ◆ Mood Management
- ◆ Communication Skills
- ◆ Can This Marriage Be Saved?—Marital Skills
- ◆ Employee Assistance Programs (EAP)
- ◆ What to do if a Loved One Drinks Too Much?
- ◆ Grief and Loss Issues
- ◆ Caring for the Caregiver
- ◆ Healthy Decision Making

Especially for Adolescents and Teens

- ◆ Mood Management or Teen Depression
- ◆ Resolving Conflict
- ◆ ADHD (Attention Deficit and Hyperactivity Disorder)
- ◆ Healthy Decision Making



Health Talks

**Offering Professional and Medical
Speakers for Our Community**



1969 West Hart Road • Beloit, Wisconsin 53511-2230
(608) 364-5011

www.BeloitHealthSystem.org

Beloit Health System would like to introduce you to our Health Talks program.

The following list of suggested topics was developed to assist you in planning speakers for your school, church or organization. The medical professionals and technicians at our hospital offer their special knowledge to your group to enhance the health of our community.

Speakers are offered at no-charge to your organization.

However, we ask that you call our office 4-6 weeks in advance of your speaking needs (or as soon as possible) for scheduling. We suggest you consider a first and second choice of topics in case a speaker is not available for the time requested. Please call for more information and for scheduling:

Larry Bergen, Community Education
(608) 290-4832

Sarah Starmer, Community Relations
(608) 364-5206

Thank you for your interest and your continued support of Beloit Health System.

SUGGESTED TOPICS

Would your group be interested in any of the following topics? Other topics are available upon request.

Beloit Health System

- ◆ What's New at Beloit Health System?
- ◆ The Expert Care of a Hospitalist

Cardiac Care

- ◆ Stateline HeartCheck
- ◆ Caring for Your Heart
- ◆ You and Your Cholesterol
- ◆ How to Prevent a Heart Attack
- ◆ Diet for a Healthy Heart

Emergency Services

- ◆ What to do in an Emergency Before the Ambulance Gets There

Health Programs

- ◆ Diabetes Education or are You at Risk for Diabetes?
- ◆ Feet Hurt? Five Common Foot Problems
- ◆ Team Work and Accomplishing Goals Through Support and Positive Interaction
- ◆ Nursing as a Career
- ◆ Are You Getting a Good Night's Sleep?
- ◆ What Massage Can Do for You
- ◆ Safety: Bikes, Car Seats and Seatbelts

Hearing

- ◆ How to Know if You Need a Hearing Aid
- ◆ Hearing Aids: What's Available?

Maternal-Child Health

- ◆ You and Your Baby—Care Education
- ◆ Bringing Baby into the World—Labor and Delivery Issues

Occupational Health

- ◆ Safety and First Aid in the Work Place
- ◆ Keeping the Workplace Healthy

Occupational Therapy

- ◆ Jobsite/Work Modification
- ◆ Is Your Home Safe?
- ◆ Handling Arthritis

Physical Therapy

- ◆ Caring for Your Back
- ◆ Proper Exercise for Health
- ◆ Being All You Can Be: Strength Training
- ◆ Cardiovascular Exercises: Your Heart is a Muscle Too!
- ◆ Don't Let Stress Get the Best of You
- ◆ Injury Prevention
- ◆ Non-Surgical Options for Injuries

Seniors

- ◆ Learning More About the Lifeline Home Response System
- ◆ The Aging Eye
- ◆ Living Wills and Healthcare Power of Attorney
- ◆ Exercise for Seniors
- ◆ Normal and Abnormal Memory Loss With Aging