Health Education Presentations
Our staff, graduate professional students, and faculty members are available to provide small- or large-group presentations to employees. Presentations typically last between 45 minutes and one hour. Topics have included: exercise guidelines, fitting in fitness, dietary guidelines, weight loss, chronic conditions, stress management, fall prevention and more. Other topics may be available upon request.

READY TO GET STARTED?
Let The Creighton Cardiac Center help your employees Strive to Improve Overall Wellness One Step at a Time by providing one or more of our tobacco, dietary, exercise and health education programs.

Call 402.280.5287 or e-mail tobacco@creighton.edu to discuss options that may be best for your company. We look forward to hearing from you!
Tobacco Use

**Tobacco 101**
Tobacco 101 is an education program designed for people who are not quite ready to quit tobacco, but are getting more comfortable with the idea of change. It is not designed to substitute a tobacco cessation program, but rather to help advance participants’ readiness to change.

**Commit to Quit**
Commit to Quit is our group tobacco cessation program. Classes combine lecture and reflection. Lessons are designed to help attendees understand critical issues related to tobacco use. Group treatment allows members to explore important issues, and learn from each other.

**Staying Quit Support Groups**
Particularly helpful for people newly quit, tobacco cessation support groups can be useful as a check-in and accountability opportunity, as well as a way to gain additional support from peers and a treatment counselor.

**Carbon Monoxide Monitoring**
We provide on-site, expired carbon monoxide testing to verify non-tobacco use status. Carbon monoxide testing can also be an informational tool for smokers.

**Staff Training Opportunities**
Training is available for employers involved in various types of tobacco control and cessation initiatives.

Diet, Exercise and Education

**Dietary Programs**

**APPETITE FOR LIFE**
The Appetite for Life program includes eight, small-group sessions led by a registered dietitian. Held over a period of two months, the goal is to help participants establish healthier eating and lifestyle choices for long-term weight management. Baseline and follow-up health assessments are conducted during the first and last classes.

**INDIVIDUAL DIETITIAN CONSULTATION**
One 60-minute initial individual consultation and two 20-minute follow-up visits held at The Cardiac Center. These sessions discuss proper nutrition and potential diet modification.

**Exercise Classes**
Depending on facility space and instructor availability, we can provide differing types of small-group fitness classes geared toward improving cardiovascular fitness, muscle strength and endurance, daily function or flexibility. We aim to provide classes in which individuals with lower fitness levels or limited exercise experience will feel comfortable.

**Healthier You at Work**
Interested in combining exercise and dietary options into one formal program? Sign up for a Healthier You at Work program, which combines Appetite for Life with one of our exercise class opportunities for a three-day per week wellness experience for your employees.