



Speakers Bureau

Knowledge can be a powerful tool in maintaining your health. Piedmont Athens Regional's Speakers Bureau includes specific program topics that address documented needs of the community.

Presentations are complimentary for civic and community organizations.

TOPICS AVAILABLE

Healthy Heart

Heart disease is the leading cause of death in the United States. Know the risk factors that can lead to heart disease and stroke and what you should do if someone needs emergency care fast.

Stress Management

Stress affects many chronic health conditions. Know your body's stress response and learn to cope with stress in a positive way.

Living with a Chronic Disease

Designed for people living with a chronic condition and those who care for them. Understanding the challenges to expect can help you manage your chronic condition.

Control Your Cholesterol

Cholesterol levels can increase your risk for heart disease. However, it is a risk that can be controlled. Learning lifestyle changes can start you on the path to better health.

First Aid for the Family

Sudden illness and injuries in the home can be frightening. Learn what to do in a variety of first aid emergencies, and practice some common first aid skills.

Courage To Quit (Tobacco Cessation)

Quitting tobacco decreases your risk for many diseases. Understand tobacco dependence and start making a quit plan for a tobacco-free future.

High Blood Pressure - The Silent Killer

High blood pressure contributes to heart disease and stroke. Learn lifestyle choices to prevent or help manage blood pressure.

Getting Good Sleep

Sleep is one of the foundations of good health. Find out how to get and maintain a good night's sleep.

Healthy Eating - Choose Your Plate

Eating well is essential for good health. Learn the basics with the Choose My Plate plan for portion control and good nutrition.

Stroke: Prevention & Treatment of a Brain Attack

Stroke is a leading cause of disability – 80% of strokes can be prevented. Learn and identify the signs & symptoms. Time is a crucial factor in successful treatment of stroke.

To book a speaker:

piedmont.org/SpeakersBureau • 706.475.1029

