



Health care *centered* in the
heart of your community.

Speakers Bureau

*Presentations are complimentary for civic and community organizations
Call 706-475-1029 to schedule*

Heart Health

Heart disease is the leading cause of death in the U.S. Learn prevention tips and what to do if someone needs emergency care fast.

Stroke Prevention & Treatment

Stroke is the leading cause of disability. 80% of strokes can be prevented. Find out the signs and symptoms, and how brain attacks can be prevented and treated.

Diabetes Basics

Learn why it is essential to control blood sugar and get the skills to successfully manage diabetes.

Just Tell Me What I Can Eat

Meal planning is the cornerstone of diabetes management. Hear about eating options and strategies that can help control blood sugar.

Heart Healthy Eating

Get the basics for portion control and good nutrition with Choose My Plate.

Blood Pressure Control

Understand lifestyle choices that prevent or help manage the silent killer.

Cancer Prevention & Care

Get an overview of cancer: effects on the body, ways to reduce risk, treatment approaches, and how to help a loved one. Talks on specific types of cancer available.

See other side for more offerings. Other topics by request.



Health care *centered* in the
heart of your community.

Speakers Bureau

*Presentations are complimentary for civic and community organizations
Call 706-475-1029 to schedule*

Let's Exercise

Practice improving fitness. Choose from core strengthening, band strength training, yoga or tai chi.

Nicotine cessation

Begin making a plan to quit any form of nicotine for good.

Opioid Overview

Get facts on opioid addiction, signs to watch for and resources for help.

Stress Management

Recognize your body's stress response and learn how to cope with stress in positive ways.

Mindfulness

Learn simple ways to incorporate mindfulness into life to decrease stress and benefit the brain.

Digital Detox

Consider ways to make your digital life healthier.

Get Good Sleep

Understand strategies to set yourself up for healthy sleep.

Emergency Response

Practice emergency techniques. Choose from hands-only CPR, basic first aid or stop the bleed.

Take a Hospital Tour

Discuss a possible tour for your organization of Piedmont Athens Regional or Oconee Health Campus.

See other side for more offerings. Other topics by request.