



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.*



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## **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.*