



2022 Corporate Wellness Program

Marketing Brochure

Last modified April, 2022

About Our Program

The 2022 corporate wellness program features:

- Live-air with discussion webinars
- On-demand webinars
- Health & wellness resources
- Participation reporting, and more!

Live Air: Webinar presentations are pre-recorded and aired live on the date(s) provided. A live Q&A/discussion with a topic/healthcare professional follows the presentation. Topics & dates are selected based on health professional availability and are subject to change. All sessions presented in this live format continue to be available in their recorded version for up to 180 days following the live airdate, unless otherwise noted by clicking on the original link provided for the live event.

On Demand: A large separate catalog of additional pre-recorded on-demand webinar presentations are available any time. You may view the 100's of on-demand videos offered by visiting our separate on-demand portals below:

<https://www.valleyhealth.com/tuneintohealth>

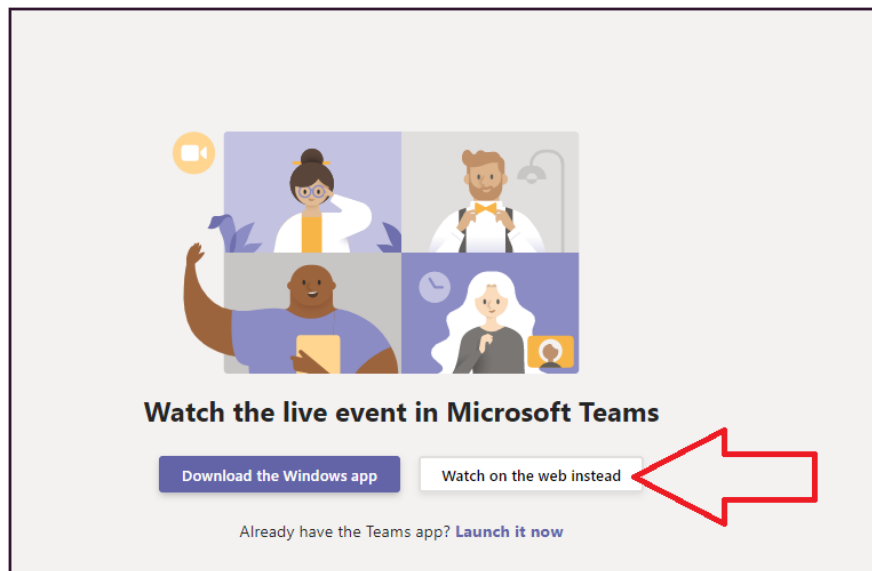
<https://www.valleyhealth.com/services/virtually-valley-videos>

Programming remains virtual until further notice or unless otherwise noted.

How to Attend a Live Event

All live-airing webinars are hosted on Microsoft Teams, unless otherwise noted. Live webinars are accessible via the Microsoft Teams App or viewing on the web using a compatible Web Browser (Chrome, Firefox, Edge.) A Microsoft account is recommended but not required. You may join anonymously.

1. Select or click the live event link
2. The event will load in the Teams App, if installed – or - If you do not have or do not have access to the Teams App, click **Watch on the web instead***. Then click on Join Anonymously.

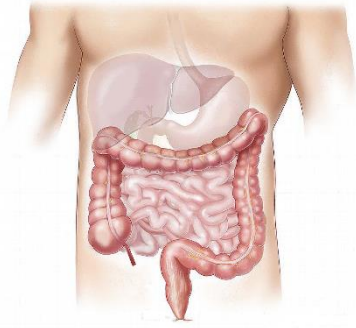


**If participating in an employer-based benefits or incentive program, signing on with your corporate email account is recommended. If watching on the web instead, or joining anonymously, please include your name and organization in the survey feedback to record your participation.*

3. You can use the controls at the bottom of the screen to pause, adjust volume and adjust video quality
4. You can submit questions by clicking “Q&A” on the right-hand side of the screen
 - Type your question in the compose box, then click **submit**
 - If you want to ask your question anonymously, select **ask anonymously**

Missed the Live Event?

Watch the recording after the live presentation has aired! The recording is available using the same link originally provided for up to 180 days after airing.



March

Colorectal Cancer Awareness Month- 3/15/22

A general overview of this form of cancer, signs and symptoms, screenings for detection, Valley's team approach to cancer care, and the innovative treatment options available. This presentation is led by Colon and Rectal Surgeon **Robin Friedman, MD.**

Know Your Numbers- 3/30/22

Discover where your cardiac health numbers should be and get tips for prevention strategies for a healthier you. This presentation is led by Cardiologist **Elliot Brown, MD.**

April

Back, Neck, and Migraine Pain Relief (OMT)- 4/6/22



Are back pain, headaches, or other aches and pains keeping you from doing the things you love? **Jack Annunziato, DO,** discusses Osteopathic Manipulative Treatment (OMT); the holistic, hands-on approach to evaluating and treating these, and other common conditions that can have a significant impact on your daily function and quality of life.

The Club Sandwich Generation- 4/27/22

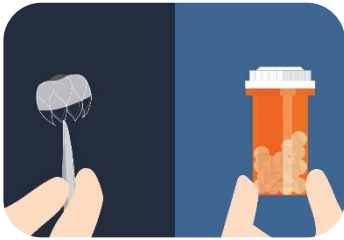


Navigating life-care planning for an aging family member can be very stressful. This program is designed to provide the attendees with an understanding of the process of aging and its impact on the family. The program will examine specific characteristics of the aging family, other trends that impact family life, changes in roles and the structure and dynamics of the caregiving relationship. We'll discuss how to start the initial conversation and what to think about so that you can manage your stress in a healthy way.

This webinar will be presented by **Generations Counseling & Care Management**, a 24/7 Geriatric Care Management firm specializing in the needs of the elderly, persons with disabilities & their families. This presentation is led by **Stacey Maines, MSW LSW.**

May

Strategies for Stroke Prevention in AFib... Beyond Blood Thinners- 5/11/22



Atrial fibrillation (AFib) is the most common irregular or abnormal heart rhythm disorder, affecting more than 3 million Americans. Thankfully, more options to treat AFib are available than ever before. Learn about AFib and the latest treatment options available. If you have atrial fibrillation not caused by heart valve problems and need an alternative to blood thinners, you will want to learn more about WATCHMAN™ and AMULET™, one-time procedures that may reduce stroke risk for a lifetime. This presentation is led by Cardiologist **Elliot Brown, MD**.

Conquering Cravings- 5/26/22

Learn tips and tricks to help curb cravings and maintain healthy eating habits. This presentation is led by Registered Dietitian **Nicole Fuller, RDN**.

June

Sleep Well, Feel Well- 6/7/22



How much sleep do I need? Why can't I stay asleep? **Suzanne Pearson, Clinical Manager**, at the **Valley Hospital's Center for Sleep Medicine**, discusses these and other common questions surrounding sleep health. Learn the stages of the sleep cycle, common sleep disorders, and helpful tips for a good night's sleep.

Healthy Lifeways for Children- TBA

Learn about **Valley's Center for Pediatric Wellness and Weight Management's** comprehensive program to help overweight and obese children and teenagers lose weight, improve their health, and reduce their risk of developing chronic. Join us to discuss stress-free trips and tricks to get your little ones living well and eating healthy. This presentation is led by **Sherry Sakowitz-Sukkar, MD**.

July



My Favorite Skin Care Tricks- Live Air Date TBA

Dr. Zapolanski shares her favorite skin-care tricks and what you can do to enhance your skin health. This presentation is led by **Tamar Zapolanski, MD**. She is a board-certified dermatologist with a focus in general medical, surgical, and cosmetic dermatology.

August



Every Breath You Take- Live Air Date TBA

Learn about the latest treatment options and guidelines for managing your asthma from one of our pulmonologists and critical care specialists. This presentation is led by Pulmonologist, **Nat T. Levy, MD**.

September



Prostate Cancer Awareness Month- 9/8/22

Take a deep dive into the “Think Five” approach to prostate cancer treatment. **Thomas Kole, MD, PhD**, discusses the details of this innovative, fast-track treatment that involves five treatments versus the standard course of 45 treatments.

Immune Boosting Foods- 9/29/22

Learn about immunity-boosting foods and how they can help you stay strong. This presentation is led by Registered Dietitian **Nicole Fuller, RDN**.

October



Breast Cancer Awareness Month- Live Air Date TBA

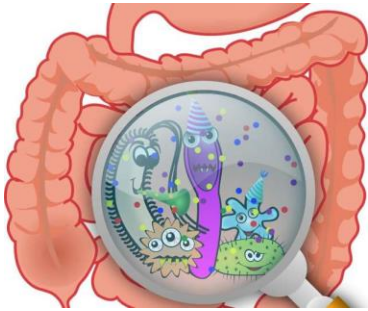
Learn healthy habits and lifestyle changes to potentially reduce breast cancer risk, and preventative tips to help detect/combat breast cancer early. These presentations will be led by Oncologists **Eleonora Teplinsky, MD**, and **Amanda J. Podolski, MD** and Breast Surgeon **Moira Christoudias, MD**.

November

Diabetes and Nutrition- 11/16/22



Complications of diabetes is the fifth leading cause of death for those 45 years or older. Watch a general overview on what diabetes is and learn diet and lifestyle modifications to help control diabetes. Learn what foods have carbs, how to calculate carbs per serving, tips for eating out, helpful apps, and more. Includes delicious meal recommendations. This presentation is led by Valley' Clinical Nutrition Manager, **Joseph Juliano, RDN.**



December

The Irritable Gut: IBS vs. IBD- Live Air Date TBA

Learn about the differences between IBS and IBD and the treatment options to alleviate gut issues.



WorkPlace Connection

Lori Ruschman
Account Executive, Occupational Health Services
201-280-2924
LRuschm@valleyhealth.com