

On Demand Wellness Webinars

The featured On Demand webinar presentations are available any time by visiting the links below.



Healthy Grocery Shopping Made Simple presented by Jessica Cording, MS, RD, CDN

You'll learn where to find healthy items in the grocery store, how to read labels, and what to look for when planning and shopping for healthy meals that help you feel great and reduce disease risk

Link for video: <https://vimeo.com/788780287/8d840cc0e4>

Link for survey: <https://forms.office.com/r/2X6pMcN2WQ>



The Importance of Primary Care presented by Jaclyn Anne Sta. Maria, MD

Find out more about the many benefits of having this type of care, what to look for as you choose your primary care doctor and how to make the most of your doctor's visit.

Link for video: <https://vimeo.com/792752607/0e651a860f>

Link for survey: <https://forms.office.com/r/1rtfdQJkqC>



Office ergonomics: Your how-to guide presented by Chiro Health Spa

Proper office ergonomics — including correct chair height, adequate equipment spacing and good desk posture — can help you and your joints stay comfortable at work.

Link for video: https://youtu.be/bCt1Cw4db_U

Link for survey: <https://forms.office.com/r/JNhgCiUzuN>



Understanding Your Heart – Back to the Basics presented by Stuart Barr, MD

We're getting back to the basics about strategies to prevent a cardiac incident. Stay one beat ahead as we also discuss common diseases of the heart.

Link for video: <https://vimeo.com/796774057/b54a766ada>

Link for survey: <https://forms.office.com/r/78nGLKh63E>



Hit the Trails for Health! presented by NY/ NJ Trail Conference

Join us for tips on finding and safely preparing for great, local hikes. You'll also learn how to build strength, balance, agility, and stamina as you enjoy the trails!

Link for video: <https://vimeo.com/806496797/e935924aae>

Link for survey: <https://forms.office.com/r/OfrKtWbPPy>

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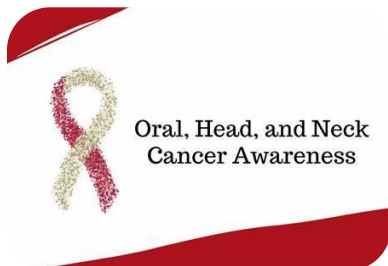


Signs You Might Have an Undiagnosed Heart Condition presented by Paul Burns, MD

How do you know if you have an underlying heart condition in advance? The good news is there are often early signs that something with your heart isn't right.

Link for video: <https://vimeo.com/810276013/f02e4fa03d>

Link for survey: <https://forms.office.com/r/51QB2HewhH>



Oral, Head, and Neck
Cancer Awareness

Oral, Head & Neck Cancer Awareness presented by Kevin Wood, MD

This webinar will review known risk factors, potential signs and symptoms, and treatment options for head and neck cancers.

Link for video: <https://vimeo.com/816249630/29a072db2f>

Link for survey: <https://forms.office.com/r/5r6JvPY3ZW>



First Aid/ Stroke Awareness presented by Jim Warin, Valley Hospital Emergency Services

By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life—maybe even your own.

Link for video: Live on 4/19

Link for survey:



Strength Training: Anytime is a Good Time to Start! presented by Valley Health LifeStyles Exercise Specialist

Strength training to the rescue! Strength training is a key component of overall health and fitness for everyone.

Link for video: Live on 5/10

Link for survey:



Steady on Your Feet presented by Mina Hanna, DPM

Join us to hear about some of the issues related to our feet and what we can do to manage them.

Link for video: Live on 5/23

Link for survey: