

# Valley Health System's 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](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>

# On Demand Wellness Webinars



## **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>

**SPOT A STROKE**

**FAST**

FACE ARM SPEECH TIME

## **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:

<https://vimeo.com/819234134/b331bd1faa?share=copy>

Link for survey: <https://forms.office.com/r/ahCMWz4aSS>



## **Strength Training: Anytime is a Good Time to Start!**

presented by Jen Reynolds, LifeStyles Exercise Specialist

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

Link for video:

<https://vimeo.com/825587071/82b4f5a824?share=copy>

Link for survey: <https://forms.office.com/r/bf2Tg0Wf48>



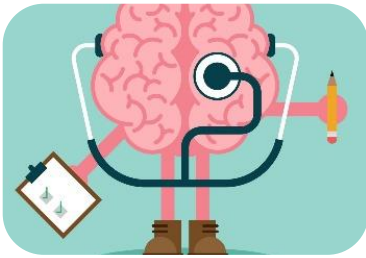
## **Steady on Your Feet** presented by Mina Hanna, DPM

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

Link for video: <https://vimeo.com/829541274/85b83e328b>

Link for survey: <https://forms.office.com/r/kw9P3XXLT1>

# On Demand Wellness Webinars



**Mental Health First Aid** presented by West Bergen Mental Health  
It's important to know that mental health issues do not need to be "serious" in order for you to reach out for support. Whatever you're going through, your feelings and experiences are valid and you deserve support.

Link for video: <https://vimeo.com/835926457/43e780bf6c>

Link for survey: <https://forms.office.com/r/wudLgipws1>



**Water Safety & The Benefits of Swimming** presented by Michael Lupo, LifeStyles Aquatic Manager

Learning about and practicing water competency – which includes swimming skills, water smarts and helping others – can help water activities to be safer...and just as much fun.

Link for video: <https://vimeo.com/838738007/4495046b3f>

Link for survey: <https://forms.office.com/r/inXPz3NLCS>



**The Top Summer Injuries & How to Avoid Them** presented by Masood Ranginwala, DO

To help keep you and your family well and soaking up the summer, an Emergency Room Physician, shares some of the top summer health and safety concerns.

Link for video: <https://vimeo.com/845059699/8730e33de2>

Link for survey: <https://forms.office.com/r/nBF3RaEgSH>

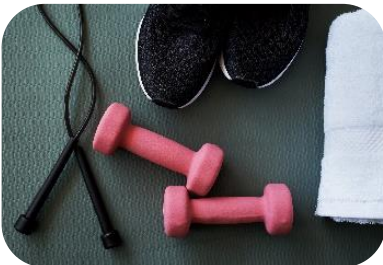


**Self-Care for Caregivers** presented by Jessica Cording, MS, RD, CDN

Topics covered will include stress management, nutrition for busy and overwhelmed caregivers, movement, sleep hygiene, and tips for time and energy management.

Link for video: <https://vimeo.com/853467426/e721cce4c1>

Link for survey: <https://forms.office.com/r/cSAX6mJARS>



**Got 10 Minutes? Try a Mini Workout** presented by Erin Sanseverino, LifeStyles Exercise Specialist

When done right and with appropriate intensity, a 10 minute workout can be an incredibly effective way to work up a sweat, get your heart pumping, and get your muscles working

Link for video: <https://vimeo.com/854707682/242e50f1b0>

Link for Q&A : <https://vimeo.com/855117875/6fa23040cf>

Link for survey: <https://forms.office.com/r/fU6CqcGrjx>

# On Demand Wellness Webinars



## **The Newest Techniques to Treat Your Varicose and Spider Veins** presented by Daniel Char, MD, FACS

Now is your chance to learn the newest techniques and options to finally treat your varicose and spider veins

Link for video: <https://vimeo.com/862144693/864a95b6bf>

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



## **Pancreatic & Liver Cancer** presented by Carl Winkler, MD

Symptoms and treatment options will be discussed and answers to frequently asked questions about liver and pancreatic cancer will be provided.

Link for video: <https://vimeo.com/866773978>

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



## **6 Signs You Need Pelvic Floor Rehab** presented by Justine Ward, Valley Pelvic Floor Physical Therapist

If your pelvic floor muscles are weak or are not working correctly, you may experience uncomfortable, inconvenient or embarrassing symptoms. But the good news is that a physical therapist may be able to help.

Link for video: <https://vimeo.com/871199630/c72f01c51d>

Link for survey: <https://forms.office.com/r/yt0PqU9kbi>



## **My Aching Knees** presented by Erik Zachwieja, MD

Join us to learn more about the anatomy of the knee and problems that occur as we age.

Link for video: <https://vimeo.com/892386509/f2def2d8cc>

Link for survey: <https://forms.office.com/r/cM0DqFsEX9>



## **Better Balance: Better Life** presented by John Jensen, Valley Physical Therapist

Join us and our physical therapist to hear about normal gait, what affects your gait and balance, exercises, and activities for better balance, and learn when to see a specialist.

Link for video: <https://vimeo.com/880913922/91ffb1dd20>

Link for YouTube video in presentation:

<https://youtu.be/5mDbF1zHHjw?si=SMQ0s2IWSp2kdHh6>

Link for survey: <https://forms.office.com/r/MxcGwb6YW7>

# On Demand Wellness Webinars



**Fighting Fire With Fire** presented by **Nicole Fuller, RDN** Learn how certain foods can be inflammatory in our bodies, leading to pain and healthcare issues - and which foods can help you manage this common condition.

Link for video: <https://vimeo.com/884941915/e00226d2df>

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



**Don't Be a GLUTEN for Punishment!** presented by **George Protopapas, MD**

Is it celiac disease, gluten sensitivity (wheat sensitivity) or a food allergy (food intolerance)? Learn more about the causes of celiac disease and its management.

Link for video: <https://vimeo.com/891996704/4dcef568cd>

Link for survey: <https://forms.office.com/r/HOCJNTVP7P>



**Nutrition as You Age** presented by **Nicole Fuller, RDN**

Good nutrition across the lifespan helps prevent chronic disease — and we know that it's never too late to make improvements to support healthy aging.

Link for video: <https://vimeo.com/894642321/503dbaa5c5>

Link for survey: <https://forms.office.com/r/zSS5tYxNhn>