



# 2024 Corporate Wellness Program

## About Our Program

### The 2024 Corporate Wellness Program features:

- Event platform access
- Live-air webinars by leading professionals
- Moderated question & answer session
- On-demand webinars
- Health & wellness resources

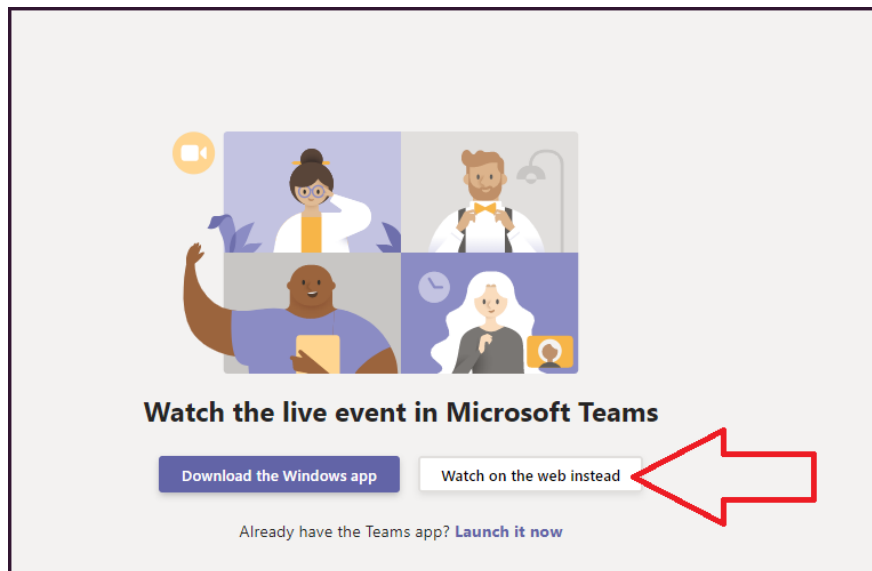
**Live Air:** Webinar presentations are air live on the date(s) provided. A Q&A/discussion with a topic/healthcare professional follows the presentation. Topics & dates are selected based on health professional availability and are subject to change. All sessions are available on-demand for up to 180 days following the live airdate, unless otherwise noted.

**On Demand:** The monthly feature On Demand webinar presentations are available any time. Upon registering for the on demand webinar, a webinar link will be sent along with an email confirmation.

## 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\***



*\*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 employer name 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?

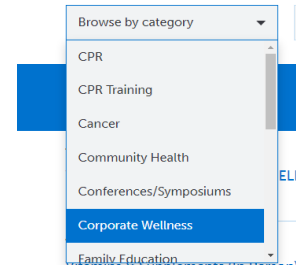
Watch the recording on-demand! The recording is available using the link provided for up to 180 days after airing.

# Registering for Corporate Wellness Webinars

Step 1: Visit the following URL or scan the QR code to the right: [ValleyHealth.com/Events/CorporateWellness](http://ValleyHealth.com/Events/CorporateWellness)



Step 2: Go to the "Browse by category" drop down and click "Corporate Wellness"



Step 3: Click on an event title to get more details.

Step 4: Click "Add to Cart" if you would like to register for that event.



Step 5: Once you add all the events to the cart that you would like to register for, click on the shopping cart.



Step 6: Click on "Proceed to Checkout", enter in your contact information, and click "Continue to Review".

Contact Information

First Name \* Middle Name Last Name \*

Street Address Street Address Line 2

City State Zip Code \*

DOB \* Gender Email \*

Primary Phone \* Secondary Phone

Employer \*

Back to Cart Continue to Review

Step 7: Click on "Place Order" to complete your registration.



You will then receive a confirmation registration email with event details and the link for the virtual event. You will also receive a reminder email the day before the event and an email after the event with the survey link.

For additional assistance, please call 201-291-6060 or email [svanhee@valleyhealth.com](mailto:svanhee@valleyhealth.com).

# Corporate Wellness 2024

## January



### Performance Management Through Smart Goal Setting

Many people may lose steam when trying to stick to their life/fitness goals if they are unrealistic. Those goals can lead to discouragement or a lack of accountability in tracking progress. Learn more about the benefits of efficient and attainable goal setting for short term and long term goals.

- Presenter: Nolan Kuscan, LifeStyles Exercise Specialist
- Webinar Date: 1/11

### Vitamins & Supplements: What Do You Really Need to Know?

Whether they're spilling out of your medicine cabinet or filling your bathroom countertop, you're not alone if you're one of the millions of Americans who take a vitamin or supplement each day. You may be trying to combat a vitamin deficiency or lower your risk of certain diseases — or you may just feel proactive about your health after popping a supplement that promises to improve your health. Do you know what's in your vitamin pill? Do you know the amounts that are considered safe and recommended to enhance good health? Find out from a Pharmacist!

- Presenter: Phillip Park , PharmD & Michele Pisacene , PharmD
- Webinar Date: 1/23

## February

### Nutrition for Busy Days

In this virtual workshop, you'll learn about the connection between your diet and your productivity and focus. Dietitian Jessica Cording will talk about what to eat to fuel your brain and body on busy days, plus tips for making it convenient to do so. She'll also show you how to make a healthy, easy recipe you'll actually look forward to eating.

- Presenter: Jessica Cording, MS, RD, CDN, Registered Dietitian and Health Coach
- Webinar Date: 2/8

### Heart Care

Heart disease can hold you back from living life to the fullest. Thanks to advances in heart care, there are now multiple treatment options for coronary artery disease, atrial fibrillation, congestive heart failure and other types of heart disease. Stay one beat ahead as a cardiologist discusses the latest treatment options and devices.

- Presenter(s): Stuart Barr, MD, Cardiologist
- Webinar Date: 2/20



## March



### Colon Cancer- Preventable, Treatable, Beatable!

Colorectal cancer is one of the most common cancers in the United States. Thanks to an increased number of medical advancements, there are more survivors than ever before. Join us to learn the latest screening and diagnostic tools and treatment options available.

- Presenter: Jonathan Pinto, MD, Gastroenterologist
- Webinar Date: 3/5



### Preparing for a Healthcare Crisis

A healthcare crisis can be one of the most stressful times a family can go through. In addition to having confidence in your medical professionals, it is important to recognize the secondary issues that could happen as a result of the medical event. In this webinar, you will learn what you can do to be prepared for those factors, the available resources that can help, and how to mitigate some of the stress that comes along it.

- Presenter: Stacey Maines, MSW LSW from Generations Counseling & Care Management
- Webinar Date: 3/20

## April

### First Aid Basics

At any moment, you or someone around you could experience an injury or illness. Using basic first aid, you may be able to stop a minor mishap from getting worse. In the case of a serious medical emergency, you may even save a life. Join us to learn basic first aid skills.

- Presenter: Don Tomaszewski, Director of LifeStyles Fitness Center
- Webinar Date: 4/10



### Mental Health- Improving Your Wellbeing At Work

Creating a more supportive relationship with yourself, your thoughts and emotions, and other people is an important skill to help you manage stress in the workplace. While you may not have the ability to change your organization or your boss, there are some simple, steps you can do daily to improve your emotional fitness and well-being.

- Presenter: Michael J. Tozzoli, MSW, LCSW, West Bergen Mental Health
- Webinar Date: 4/23



## May



### Sleep & Anxiety

Getting enough sleep is imperative to overall health and wellbeing. Is there a relationship between your sleep and your anxiety? Find out how these two factors interplay and how managing both can improve your health.

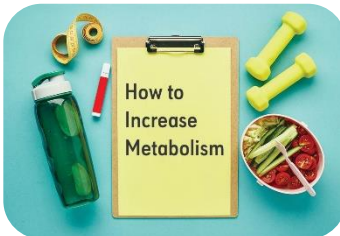
- Presenter(s): Suzanne Pearson Manager, Sleep Center Medicine & Patricia Martin, Sleep Health Navigator
- Webinar Date: 5/2



### The Scoop on Fiber

We have a lot of names for it—bowel movement, poop, stool and several that shouldn't be mentioned. But we rarely actually talk about bowel movements. Fiber is not only essential to maintain a nutritious diet but can also help one to produce healthy stools. Find out how fiber can help you with your digestive health and beyond.

- Presenter(s): George Protopapas, MD, Gastroenterologist
- Webinar Date: 5/16



### Master Your Metabolism

Your metabolism is responsible for converting nutrients from the foods you eat into fuel. This provides your body with the energy it needs to breathe, move, digest food, circulate blood, and repair damaged tissues and cells. Join us to learn about the many factors that can affect your metabolism and strategies to help increase your metabolism to support weight loss & management and overall health.

- Presenter: Naser Gharaibeh, MD, Endocrinologist, Diabetes & Metabolism
- Webinar Date: TBD

## June



### Men's Health – Head to Toe

Many men put off routine medical care and screening, and this can result in serious consequences. Find out more about common men's health issues and what men should be watching for as they age. Prostate cancer will also be discussed.

- Presenter: Thomas Kole, MD, Radiation Oncologist
- Webinar Date: 6/5



## Pickleball, America's Fastest Growing Sport!

Over the past couple of years, the number of people playing Pickleball has grown by over 159%! Pickleball is fun, social and friendly! The rules are simple and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game. Join us to find out more about this popular sport, its history, and how it can be beneficial to your health.

- Presenter: Michael Lupo, LifeStyles Recreation Manager
- Webinar Date: 6/18

## July



### All About Weight Loss Surgery

Are you struggling with weight loss? We invite you to join us for an informational session on how to break the cycle of weight loss and regain, and tips for lifestyle and dietary changes. The medical and surgical options for treatment of obesity will also be discussed.

- Presenter: Edward Yatco, MD, FACS, Bariatric Surgeon
- Webinar Date: 7/11



### A Lifetime of Health

Aging is inevitable, but we can positively influence the process by making healthy choices. Discover more about what happens to our bodies as we mature and how we can continue to live our best lives.

- Presenter: Ara Ajemian, MD, Family Practitioner
- Webinar Date: 7/23

## August



### Exercise is Medicine

Understanding the value of being physically active is more important than ever. Inactivity is the fourth leading cause of death nationwide and is responsible for 3.2 million deaths each year. Learn about the many benefits of exercise and how it can help manage or improve chronic disease.

- Presenter: Valley Health LifeStyles Exercise Specialist
- Webinar Date: 8/6





## Back & Neck Pain

Is back pain, neck pain, or other aches and pains keeping you from doing the things you love? Our physician will discuss common causes of back and neck pain and give insights into treatment options.

- Presenter: Samuel Jacob, DO, Physical Medicine & Rehabilitation/ Sports Medicine
- Webinar Date: 8/15

## September



### Healthy School & Work Lunches

Does the idea of packing school & work snacks and lunches overwhelm you? Us too! Join our school & work lunch webinar and learn how to pack healthy, balanced snacks & lunches for you & your kiddos without spending hours doing it.

- Presenter(s): Nicole Fuller, RDN
- Webinar Date: 9/12



### The Aging Eye

Our vision changes as we age and problems with our eye health are not uncommon. Cataracts, glaucoma, and macular degeneration are signs of aging eyes. Learn about the aging eye and the latest treatments available.

- Presenter: David Benderson, MD, Director- VMG Ophthalmology
- Webinar Date: 9/24

## October



### Gynecologic & Breast Cancers- Signs, Risks, and Screening Guidelines

Join us to learn about risk factors for gynecologic & breast cancers, screening tools, and how to best take care of your body and health.

- Presenter: Amanda Podolski, MD, Medical Oncologist
- Webinar Date: 10/9



### Preventive Pediatrics

Join us to learn ways of keeping your child healthy –mentally, physically, and emotionally.

- Presenter: Cecilia Godoy, MD, Pediatrician
- Webinar Date: 10/22

## November



### What Functional Training Is and Why It's Important

Functional training is a term used to describe exercises that help you perform activities in everyday life more easily. These exercises typically use the whole body — definitely multiple muscles — and emphasize core strength and stability. By mirroring the movements of your daily life, like squatting, reaching, or even carrying a heavy object, building functional strength can help increase your quality of life and reduce your risk of injury. Join us to learn about the Functional Movement Screen and how that information can help you come up with an exercise plan.

- Presenter(s): Nolan Kuscan, LifeStyles Exercise Specialist
- Webinar Date: TBD



### Healthy Holiday Eating

Join us to learn about how to stay on track with healthy eating habits during the holiday season without feeling deprived. Dietitian Jessica Cording will share insight on what to eat, how to make room for your favorite holiday treats, and maintaining a healthy mindset.

- Presenter(s): Jessica Cording, MS, RD, CDN, Registered Dietitian and Health Coach
- Webinar Date: 11/14

## December



### Navigating the Winter & Holiday Blues

Do you ever feel sad or just “blah” in the winter? During the “dark days” of a cold winter, it is not uncommon to feel a bit down. Whether you suffer from Seasonal Affective Disorder (SAD), seasonal depression, or just the sluggish feeling that often comes after the holidays, you are not alone! For many people this mood change is temporary and easily managed with small lifestyle changes.

- Presenter: Sue Breithaupt, Social Worker & Health Educator
- Webinar Date: 12/5