

2023 Webinar Survey Results

Healthy Grocery Shopping Made Simple

- "Enjoyed the presentation very much."
- "Found the webinar very helpful and interesting. Would be interested in similar webinars in the future"
- "I enjoyed the cooking demo. Thank You"
- "Such a helpful webinar and the love the chickpea skillet recipe!"
- "Great useful tips to help sticking to what you know is better for you!"
- "I really enjoyed the presentation. Jessica is fabulous and explains things so well."

Office Ergonomics

- "This was a very good webinar, and I liked the way he presented it. He wasn't reading what we were looking at ;-) Also he explained a lot!!"
- "This speaker provided some good information. I already moved my monitor!!"
- "Very informative and enlightening and filled with very useful information"
- "I suffer from carpal tunnel and I know I have a poor work station. This video was helpful with setting up my work desk so that I'm sitting properly. I also liked how we were taught some good stretching to help our bodies stay limber and strong. I'll be more aware of my posture now, especially when on my cell phone!"
- "One of the best webinars I have seen. THANK YOU for all the useful information! Will be sharing what I learned with others."

Understanding Your Heart- Back to the Basics

- "Very good presentation - Dr. Barr explained a lot in an easy way to remember!"
- "I enjoyed Dr. Barr's presentation. He has a pleasant speaking voice. Very approachable. If he were closer to my town, I would likely change doctors. Dr. Barr sounds like the kind of doctor who listens to his patient. I would guess that listening is something he comes by naturally. Not forced. Innate. Genuine."
- "Presenter was excellent. Talked in layman's terms and broke things down so all could understand."
- "Excellent information, thankful for Dr. Barr and all doctors for the lifesaving procedures they perform, it's truly amazing."
- "Dr. Barr was a very good presenter. He was easy to listen to, didn't talk 'above' us and had a lot of great information to share."

Hit the Trails for Health!

- "The family hikes a lot so thank you for other trail options."
- "I enjoyed this and finding out new places to hike as we go as many weekends as possible year round. Thanks for sharing!"
- "Great info! I'll be checking out some of these trails and the Avenza App. Thank you!"
- "Don gave a great presentation - I could really see his passion for these trails and the outdoors."

Signs You Might Have An Undiagnosed Heart Condition

- "Thank you for this informative seminar"
- "The Doctor was very easy to understand and very to the point"
- "Very informative and interesting. Conditions were clearly explained"
- "Dr was clear and very informative! Great slides that really added to the presentation, always good to hear that losing weight can help so many issues"
- "Presenter was excellent! The slides were great and loved that he added a few stories of patients who had undiagnosed heart conditions and what Valley did to treat them. I now know the signs and symptoms to look out for with heart conditions."
- "This was a very informative webinar. I learned many things that I never knew about the heart. "
- "Excellent information, thankful for Dr. Barr and all doctors for the life saving procedures they perform, it's truly amazing."

Oral, Head and Neck Cancer

- "Very interesting topic with great powerpoint slides to have a better understanding."
- "Very interesting and Dr. Woods was very good presenting"
- "Very informative!!!"
- "I have a friend going through this cancer. A mass on his tonsils moved into his lymph node. He will have to have chemo and radiation. This was especially helpful for me."

Steady on Your Feet

- "My father is 95 and has diabetes and the information about foot conditions associated with diabetes was very helpful."

The Benefits of Swimming/ Water Safety

- "I was a lifeguard and lifeguard trainer for 10 years and I still found this presentation to be very thorough and great advice that is so important. thank you"

The Benefits of Strength Training

- "Good explanation of reps vs. intensity for different purposes (building muscle or toning)"
- "Enjoyed the information on Resistance Band Exercises and exercises for toning."

General Feedback

- “Thank you for offering the information above (health screenings in the survey), my husband and I recently took advantage of a sleep study. I had checked off for that and Valley contacted me. I wouldn't have thought of doing that until I saw that and started thinking about it due to the fact that we both snore and have been told that we stop breathing at times. :)”