

ONE STOP WELLNESS

WELLNESS TALKS

COMPLETE LIST

**OVER 90
TALKS!**

ONESTOPWELLNESS.CO.ZA



**ONE STOP
WELLNESS**

TALK TOPICS TO CHOOSE FROM

- Boosting your immunity
- Healthy eating
- Lifestyle Diseases – cholesterol, diabetes, high blood pressure, and obesity
- Diabetes
- Cholesterol
- Banting - The pros and cons of banting
- Cannabis – Understanding Cannabis and what the new laws mean
- TB (we can do skin test screenings on the day too)
- Hypertension ie. High blood pressure
- Adrenal fatigue syndrome/ Chronic Fatigue Syndrome
- How to pack healthy lunch boxes for your children
- ADHD
- MINDFULNESS
- How to make the correct choices at restaurants and fast food outlets

TALK TOPICS TO CHOOSE FROM

- How to eat for sustained and improved energy
- Eating for pregnant and breast-feeding women
- Sports and competition nutrition
- Eating for weight loss
- Conflict management
- Psychosocial disorders
- Dealing with disability
- Retrenchment debriefing
- Coping with retrenchments in the company
- Compassion workshops
- Diversity training
- Navigating the non-binary workplace and beyond
- Women's role in the modern world
- Men's health
- Menopause
- CANCER. This talk incorporates a demonstration on how to perform a self-examination for breast lumps.
- HIV and AIDS

TALK TOPICS TO CHOOSE FROM

- HPV and the link to cervical cancer
- STRESS management and how stress is affecting our health
- Swine flu
- Nutrition for endurance events such as Iron man, comrades, triathlons et cetera.
- Eating to boost our immunity
- Eating for boosting the Immune system in HIV-positive patients
- Albinism
- EQ
- Body language
- Brain health
- Food for brain health and studying
- Breast cancer awareness
- Breathing workshops
- Cancer Awareness
- Cannabis

TALK TOPICS TO CHOOSE FROM

- Cold and flu
- Healthy eating
- Importance of exercise
- Ergonomic workshop
- Financial planning
- Depression
- Debt management
- Drug and alcohol awareness
- Food label presentation
- Importance of health screening
- Chronic illness and management
- Chronic diseases of lifestyle
- Health screening and what it entails
- HIV and STD's
- Junk food
- Kidney health
- Lifestyle and your health
- Lungs, smoking and tobacco
- Malaria
- Managing stressful relationships

TALK TOPICS TO CHOOSE FROM

- Bridging the digital divide with your children
- Managing your stressful lifestyle
- Pillars of health
- Managing your energy
- Boosting your immunity
- Men's cancer
- Mental health and resilience
- Mindful eating
- Mental health
- Nutrition and lifestyle
- Nutrition presentation
- Personal hygiene
- Building healthy relationships
- GBV
- Flu and the importance of Hand-washing and sanitation
- Psycho-social disabilities
- Understanding those with Disabilities
- Motivational speaker
- Sexual health
- Sexuality and self-esteem

TALK TOPICS TO CHOOSE FROM

- Signs of abuse
- Stress and lifestyle
- Work-life balance
- Stress management
- Stroke and heart disease
- TB
- Hepatitis and the various types
- Guidelines for a balanced lifestyle
- What is your body telling you? A talk on personal hygiene

ALL TALKS CAN BE CUSTOM MADE TO SUIT YOUR NEEDS.

The talks can be made to incorporate various topics in one talk. For example, hypertension, diabetes and cholesterol can be presented together as diseases of lifestyle and nutrition or eating to beat stress, fatigue and depression.

Talks can also be shortened or made into two 30-minute talks as opposed to one 60-minute talk.

If any employees want additional information after the talk we are more than willing and happy to email it to them free of charge. This includes eating plans, and medical and nutritional information.

Dr. Kylee Montgomerie

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