

WELLNESS WAYS

Wellness Services That Enhance Your Lifestyle

The Methodist Hospital, Corporate Wellness • 713-702-4711 • methodistcorporatewellness.com

Stress Management Seminars

Methodist Wellness Services offers clients informative stress management seminars presented by trained wellness specialists. These entertaining, interactive PowerPoint programs combine the most up-to-date health information with practical strategies to enhance employees' health and well being.

These one-hour presentations can be offered at the worksite as a lunch-and-learn seminar, training, safety meetings, or as part of a health fair or other format. Topics can be tailored to meet the specific requirements of each worksite.

Stress Busters: 10 Ways to Reduce Your Stress—Learn what works and why when it comes to managing stress. You may be overlooking more than one of these ten proven techniques that are simple, effective and easy to incorporate into your life. You'll learn why they work.

Surviving the Holidays—The best of times and the worst of times—the holidays can be challenging for adults and children. This presentation covers the pressures—over spending, over eating, over expecting and over doing—that we all face and offers tips to survive this hectic time of year.

The Best of Both Worlds: Balancing Work and Family—When parents work life can get hectic. Discover why it's worth it to meet the challenge creatively. Explore the benefits for both parents and children when adults find satisfaction and fulfillment in work and family roles.

Why Zebras Don't Get Ulcers—Have you every wondered? Probably not, but once you know the answer you'll understand the connection between stress and disease. You'll leave this session with a new appreciation for your body's adaptability and vulnerability.