

# Wellness Workshop Opportunities



## Presented by: Healthy Acadia Staff

To schedule a program or for questions, please contact Elsie Flemings:  
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**Keep Me Well:** In this program, participants will be led through an interactive web-based health assessment tool. Upon completion, they will receive an individualized report card on their health. Information gained from the assessment will help employees create goal plans for themselves and identify any issues or concerns they may want to discuss with their physicians.

**Confident Conversations:** This program is geared toward individuals who work directly with tobacco users: social service providers, health coaches, and others. Participants will gain information on tobacco treatment options, addiction, secondhand smoke, and resources for help in quitting.

**Medline Plus and other On-line Health Resources:** In this program, participants will learn how to navigate Medline Plus, an on-line health information resource that contains high quality, relevant information. This program will also introduce other useful on-line health resources. Participants will learn how to search health topics, review videos & other tools, and obtain accurate health information. This is an excellent resource that every family and provider should be able to access.

**Chronic Disease Prevention Resource Review:** This program is geared toward health care workers and social service providers. Are you looking to stock your resource tool kit box? Learn what new resources are available related to chronic disease prevention. Healthy Acadia staff will share resources, including the Maine Tobacco Helpline, Screen ME, Lead Poisoning Prevention, and more.

**Mental Health/Depression:** In this program, employees will learn what depressive symptoms may look like, how such symptoms affect overall wellness, what treatment is available, and how to self-screen for depression.