

PREVENTION AND PRIMARY CARE WORKSHOPS

2022 WORKSHOP GUIDE

WorkWell NYC offers free, interactive workshops to NYC worksites on a variety of wellness topics. Our workshops are developed with the unique needs of the NYC workforce in mind. [Register for your workshop at on.nyc.gov/workshops](https://on.nyc.gov/workshops)

QUESTIONS?

If you have any questions regarding our workshops please contact WorkWell NYC at workwell@olr.nyc.gov.



BLOOD PRESSURE

LOVE YOUR HEART: STAY HEART HEALTHY & PREVENT HYPERTENSION

Join this interactive session where we explore the risks of high blood pressure and how to prevent and this dangerous condition.

LEARNING OBJECTIVES:

- Review the basics of high blood pressure and how it affects the body.
- Discuss risk factors for high blood pressure.
- Develop strategies for preventing and managing high blood pressure.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins

DIABETES

ARE YOU AT RISK? THE FACTS ABOUT PREVENTING DIABETES

Type 2 diabetes is preventable, however, 1 in 3 adults are at risk. Do you know where you stand? This workshop explores what diabetes is, shares a diabetes risk assessment, and reviews easy lifestyle adjustments that can be made to reduce your risk.

LEARNING OBJECTIVES:

- Review the basics of pre-diabetes and diabetes.
- Outline the symptoms and complications of uncontrolled diabetes.
- Learn how to interpret their risk assessment test.
- Discuss healthy lifestyle habits that can reduce their risk.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins

