

EAC Training

OUTLINE

- Topic:** **Living Healthy**
- Description:** The Living Healthy seminar focuses on basic information related to weight, nutrition, exercise, and stress. The seminar also focuses on the resistance of making healthy choices. Participants are given tips and resources to assist in creating and maintaining a healthy lifestyle. In the end, participants will learn that a healthy lifestyle can be achieved by making one conscious, positive choice, day after day.
- Equipment:** Projector for PowerPoint Presentation (optional)
- Room Arrangement:** The optimal set up for this session would be a classroom setting.
- Number of People:** This training is best facilitated with a range of 20 to 50 participants
- Time:** 1 Hour
- Delivered by:** Account Management Staff
Counseling Staff