

# The Prevention Series

*The Prevention Series* by Wellsource, Inc. is a set of one- to three-hour seminar presentations designed for health educators to use in teaching the interested public how to live healthy lives and prevent serious illness. Each key topic has a presentation in PowerPoint® and a self-scored assessment to print from the CD. Together, they alert participants to personal risks to avoid and preventive actions to take..

## Topics in The Prevention Series by Wellsource®

- ♦ **Cancer Prevention**, 118 slides  
No one can predict who gets cancer, but the focus is on prevention efforts creating a healthy internal environment, watchfulness, screening, and treating early.
- ♦ **Osteoporosis Prevention**, 59 slides  
Sixteen areas of risk are discussed, most of them modifiable. The latest researched findings are included. Suggested preventive actions are practical.
- ♦ **Overcoming Depression**, 33 slides  
This leading cause of disability affects people world-wide. It is associated with physical changes in the brain. Symptoms vary in severity and duration and may need professional care.
- ♦ **Preventing Diabetes**, 88 slides  
Abundant scientific research indicates that diabetes is largely preventable through lowering known risks, and when not preventable, the results of diabetes can be minimized through lifestyle.
- ♦ **Preventing Heart Disease**, 74 slides  
Modifiable risks for heart disease are so well-established that one can speak with assurance of lifestyle behaviors that effectively lower risks for heart disease.
- ♦ **Achieving a Lower Blood Pressure**, 53 slides  
Uncontrolled high blood pressure (BP) can lead to stroke, heart attack, heart failure, or kidney failure. Research has shown several lifestyle factors to significantly lower BP.
- ♦ **Achieving Healthy Eating**, 120 slides  
Research increasingly demonstrates the value of a great many foods in lowering disease risk and contributing to human health as well as some foods not beneficial.

## Each Manual Includes:

- ♦ Speaker notes for each graphic, a sample self-assessment
- ♦ CD with the PowerPoint® presentation, the assessment, other resources

## System requirements for PowerPoint® presentations:

*Microsoft Windows 95 or higher*

A PowerPoint® viewer is included on the disk - *No additional software is needed*

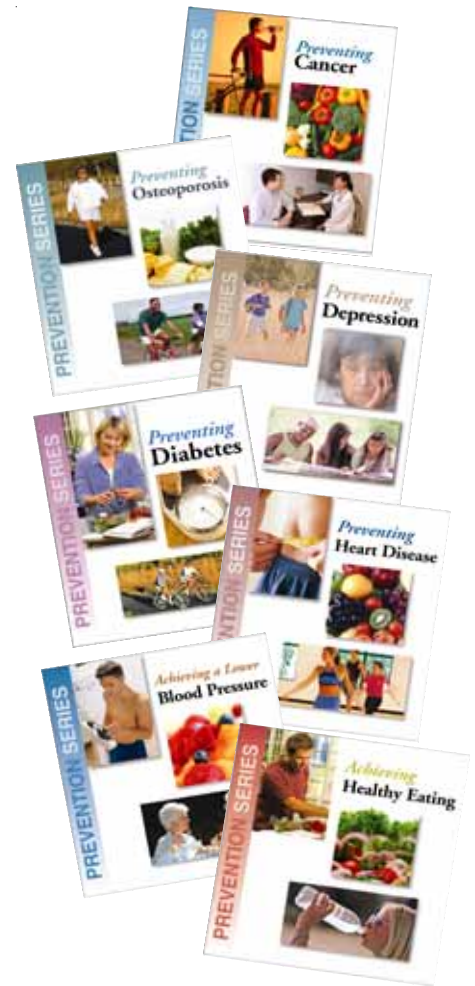
An LCD or character projector is needed for viewing presentations in a large group

## About Wellsource, Inc.

Wellsource, Inc. is a leader in corporate employee health management and disease prevention systems, including health risk assessments. Wellsource offers a portfolio of wellness tools to help corporations and large organizations develop successful employee health management systems, including intervention, progress tracking, and cost-benefit outcomes.

The LifeLong Health® product line is designed for community outreach. It includes health assessment software, presentation resources, print materials, and training seminars.

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