Center for Healthy Living workshops are for benefits-eligible faculty and staff and for spouses/same-sex domestic partners covered on a Purdue medical plan.

Have you been searching for ways to promote wellness within your department but aren’t sure where to start? According to Gallup data, employees spend nearly 30 percent of an average week at work. With so much time being spent in the workplace, it is even more important to promote health and wellness in the office.

The Center for Healthy Living has a host of resources for employees to improve their health. Are you unable to get away from work to visit the center? Guest speakers can come directly to your department and provide a workshop or lunch and learn at no cost. Topics may include, but are not limited to: nutrition, weight control, stress relief and physical activity. Listed here are some presentations given by our registered nurse health coaches, registered dietitian and EAP counselors:

- Building a Better Lunch
- Stress and Work/Life Balance, with a meditation exercise
- Intro to Services at the Center for Healthy Living
- Women’s Wellness and Aging
- Biggest Loser Contests
- Food Labels/Portion Distortion
- Coping with Grief
- Introduction to Health Coaching
- Healthy Holidays
- Workplace Fitness and Stretching
- Physical Activity for Optimal Health
- Introduction to Yoga
- Clean Eating 101
- Nutrition for the Long Run
- Know Your Pharmacist

Don’t see a topic that best fits the needs of your department? Our wellness team can work with you on tailoring a presentation based on your area of interest. We may also provide a workshop series in the following areas for groups of 10 participants or more: weight management, blood pressure management, cholesterol management and tobacco cessation.

Call the Center for Healthy Living today and see how you can promote health and wellness within your department. Please call Tammy Ridge, health center manager, at 49-45505 to schedule a presentation.
Meet Your Health Coaches

With a group of highly trained professionals, you have access to convenient care at the Center for Healthy Living. Health coaches offer one-on-one support based on your individual needs. If you are looking to enhance your personal well-being, a coach will work with you to develop your wellness vision, goals and action steps. They will provide you with support and motivation to enhance your wellness in areas such as: nutrition, physical activity, stress management, tobacco cessation and weight management. In addition, they may assist in management of various chronic conditions, to include diabetes, high blood pressure, cholesterol and asthma.

Meet Your EAP Counselors

Our EAP counselors may assist with a variety of concerns, including:

• Marital or partner relationship problems
• Parent-child relationship problems
• Divorce adjustment
• Depression
• Anxiety and/or panic disorders
• Crisis intervention and supportive services following worksite emergencies
• Supervisor assistance for working with difficult employee situations
• Elder care giving
• Grief and loss
• Stress
• Alcohol or drug abuse
• Suicide and homicide prevention

Meet Your Pharmacist

Services provided by the pharmacist include, but are not limited to:

• Medication and supplement counseling
• Drug interaction review
• Coumadin monitoring
• Diabetes medications counseling and point of care A1C testing
• Tobacco cessation aides