



Health and Wellness Seminars

Clinical Health Appraisals (CHA) offers a variety of health and wellness seminars for our clients. Our seminars are now virtual! The list below is regularly reviewed and revised, so if there is a topic you do not see on the list but would like a seminar for, please let us know. We will work diligently on finding a solution that will meet your needs.

1. Developing Your Wellness Goals
2. ABC's of Nutrition
3. Nutrition: Cholesterol, Fiber, and Diabetes
4. Diabetes Prevention
5. Healthful Living: Eating, Exercising, and Sleeping for Good Health
6. Get a Good Night's Sleep
7. Sun Safety & Skin Cancer Prevention
8. Balancing Work and Family: The Stress of it All
9. Heart Health for Everyone
10. A Balanced Diet
11. Fitness for Everyone
12. The Eight Dimensions of Wellness
13. Supplements: The Good and Bad News
14. Your Health In Numbers: What Do They All Mean?
15. Office Ergonomics 101

With over 30 years in the health and wellness industry, CHA's seasoned public speakers share their expertise and passion of educating others through these educational seminars. With credentials in Sports Medicine, Kinesiology and Exercise Physiology, CHA's speakers are a trusted source to speak about diverse topics in the health and wellness field. With each of these interactive seminars, your employees will walk away with a practical plan to achieve their health and wellness goals.

Pricing: Each hour-long in person seminar is \$450 in the Bay Area, \$500 in San Francisco, and \$400 in the Sacramento Area. An hour-long virtual seminar is \$325.00, and a 20-minute virtual seminar is \$150. Recorded 20-minute seminars are \$100. Total price must be greater than \$450 to qualify for the [Year-Long Wellness Program](#) discount.

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