

ACC Wellness

# Recorded HEALTHY HOURS



Check out our lengthy list of health education sessions available on the Take Aim LMS.

Visit [acgov.com/takeaim](http://acgov.com/takeaim)

Sign in using your ACCGov email address & network password.

**Two options:**

- **Click on the Wellness Home Page**, Healthy Hour recordings, then the arrow in the bottom righthand corner for a full list.
- **Click on Wellness Channel**. Use the top righthand corner option to organize alphabetically or as you choose.

**Report any viewed as a Healthy Hour in the ACC Well for 150 points credit!**

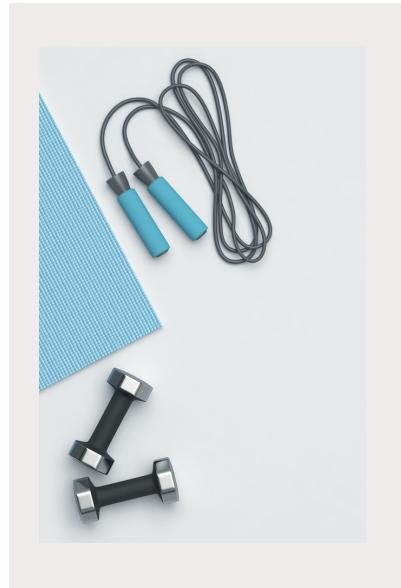
# Mental & Emotional Health

- Reflect & Renew: Introspective Year in Review
- ACT Action Plan for Lasting Change
- Blue Holiday Workshop
- Caregiver Support Group: Probate Court
- Caregiver Support Group: Eldercare Law
- Chaos to Calm
- Gratitude
- Holiday Activities That Fuel the Heart, Soul, Spirit
- How Teens Tick: Brain Health
- Mindfulness Based Stress Reduction
- Post-Traumatic Growth
- Resiliency
- Self-Care and Positivity
- Strategies for Good Communication
- Understanding and Managing Anxiety
- Vision Generator
- Mindful Eating
- When a Loved one Dies
- Nutritional Psychiatry
- Domestic Violence and the Workplace
- Mental Health Matters
- Alzheimer's Disease
- Black & White Thinking
- Intuitive Eating series (3-part)



# Exercise & Hobby

- Meet Coach Andre
- Meet Coach Lauren
- Bodies Make Their own Medicine
- Breath & Movement: Reset & Recalibrate Your Body & Mind
- Health Matters for Families: Childhood Obesity Program
- Interval Training
- Life Without Pain & Inflammation
- Move Waste From Your Waist
- Proper Pre- & Post-Warm-Up & Cool-Down for Adults
- Running Tips
- Triathlon Training
- Women's Health: Nutrition & Lifestyle
- Gardening Q & A
- Learn to Paint
- Intro to Toastmasters
- Physical Post-Baby Blues
- Trail Creatures running club



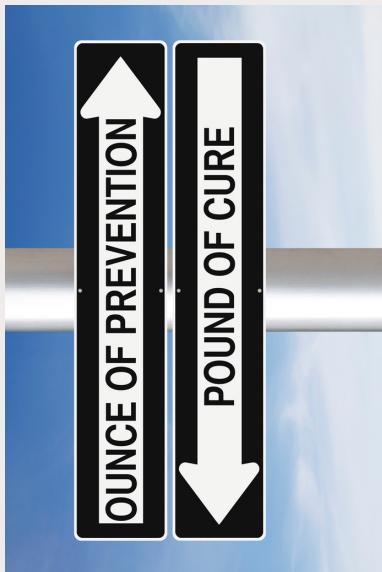
# Nutrition

- Adventurous Eating
- Balanced Breakfasts
- Balancing Blood Sugar
- Bodies Make Their Own Medicine
- Boost Your Immunity From a Dietician Perspective
- Desserts With a Healthy Flair
- Health Matters for Families: Childhood Obesity Program
- Fad Diets
- Healthy Grocery Store Shopping
- High Blood Pressure & Health Risks
- Life Without Pain & Inflammation
- Move Waste From Your Waist
- Omega-3 Fatty Acids
- Pesto Making
- Probiotics
- Triglycerides
- Vitamin D
- Women's Health: Nutrition & Lifestyle
- Mindful Eating
- Saving Money at the Grocery Store
- Eat Healthy & Actually Feel Full
- Making Bone Broth
- Cooking With Lime & Other Citrus
- Nutritional Psychiatry
- Butter me up With (more healthy) Baking
- Green Means Go
- Making Cooking With Produce Fun
- Purple Produce: Eggplant & More!
- Alzheimer's Disease
- Hydrate Feel Great
- Dislipidemia
- Food Jags in Young Kids
- Intuitive Eating series (3-part)



# Prevention

- Adult Immunization Schedule
- Cancer Screening Check-In
- Bodies Make Their own Medicine
- Boost Your Immunity: Dietician Perspective
- Circadian Rhythm
- Coming of Age (Females)
- Debunking Popular Vaccine Myths
- Dental Health
- Diabetic Health Risks: Pharmacy Perspective
- Fall/Winter Non-Prescription Medicine Use
- Gynecologic Cancers
- Health Matters For Families: Childhood Obesity Program
- High Blood Pressure & Health Risks
- How to Spot E-Mail & Text Scams
- How to use Telehealth
- Life Without Pain & Inflammation
- Medication Interaction
- Move Waste From Your Waist
- Myths About Hearing Aids
- Pharmacy Q & A
- Red Flags for Hearing Loss in Children
- Six Healthy Habits you may be Missing for Flu Prevention
- Strategies for Good Communication
- Stroke Awareness
- Triglycerides
- Vitamin D
- Women's Health: Nutrition & Lifestyle
- Antibiotic Resistance
- Get to Know Your Medical Plan
- Emergency Preparedness: Pharmacy Perspective
- Physical Post-Baby Blues
- Stop the Bleed Kits
- Acid Reflux/Heartburn
- Domestic Violence and the Workplace
- Mental Health Matters
- The Peaceful Sleeper: Sleep Teaching Babies
- Stroke Recognition
- Alzheimer's Disease
- Sleep Well Live Well
- UV Rays
- Hydrate Feel Great



- Chiropractic Myths vs. Facts
- Dislipidimia
- Osteoporosis
- Food Jags in Young Kids
- Intuitive Eating series (3-part)

# Benefits

- How to use Telehealth
- Introduction to Toastmasters
- Get to Know Your Medical Plan
- Stop the Bleed Kits
- Domestic Violence and the Workplace
- Virgin Pulse ACC Well Tutorial

