ConnectWell Health Programs



ConnectWell provides Ready-Made Health Programs for Community Based Organizations to assist those they serve in learning about and managing common health conditions. Each topic includes three 45-minute programs with accompanying PowerPoint presentations. Each presentation of the 3-part series delves into a specific aspect of the topic and provides participants with insight so they can move forward with discovering more about the health condition. Content from the ConnectWell Health & Wellness Content Suite is shared during the programs. As part of each program, participants learn how to access ConnectWell for their overall health and wellness needs which builds awareness of the availability of the ConnectWell resource. Programs can be delivered by local staff as in-person, virtual, or hybid events and can be recorded for wide distribution.

Health Topics

Addiction
Brain Health
Cancer
Digestive Health
Happiness
Beverages
Healthy Eating, Nutrition, and Shopping
Healthy Travel
Heart Health
Lung Health
Menopause
Mental Health
Metabolic Health Issues
Musculoskeletal Health
Technology and Social Media Use
Self-Care is Health Care
Sleep
Weight Management