2017 ProMedica Table Talks

FEBRUARY

February 14, 2017, 11:30 a.m. – 1:00 p.m., in the OC cafeteria: “American Health Month”

The February table talk will focus on a healthy heart. Join the ProMedica team and help us celebrate Heart Health Month and Go Red Day. Our guest speaker, from the Cardiology Department, will be available to answer questions pertaining to heart health. Stop by the table and we will check your blood pressure. While at the table, check out some of the informative educational materials that will be available and enter the monthly raffle for some really great items.

MARCH

March 14, 2017, 11:30 a.m. -1:00 p.m., in the OC cafeteria: “Healthy Sleep Matters”

Having problems sleeping or getting a full 6-8 hrs. of sleep per day? Visit the table and talk with the ProMedica team about sleep issues. Let us help you by giving you some tips and tactics for getting restful sleep so you feel refreshed and “charged up” for your day! Sleep specialists will be on hand to answer questions or concerns about the benefits of healthy sleep and to address problems which may arise from the lack of it. Stop by the table and sign up for our raffle of a free 15 min. massage!

APRIL

April 4, 2017, 11:30 a.m. – 1:00 p.m., in the OC cafeteria: “Walking & Running Awareness “Exercise is Medicine”

Exercise is necessary to keep our bones, muscles and joints working in good condition. The April table talk focuses on the benefits of exercising. Don’t have time to exercise? Talk to us about a fitness program that you can do daily right at your desk! Stop by and see us at our ProMedica table to find out about key benefits of exercising and to sign up for our “goody basket” raffle.

MAY

May 9, 2017, 11:30 a.m. – 1:00 p.m., in the OC cafeteria: “Skin Awareness”

Do you LOVE the sun? Spend a lot of time out in the sun on a frequent or daily basis? Suntans may LOOK great, but they can be unhealthy. Join us for our monthly “Table Talk” series to get some valuable information on how to safeguard against skin cancers and conditions related to sun overexposure. We will our Derma scan on site this year to look at the damage sun can do to your skin. There will be educational materials, a skin specialist and some skin care products on hand. Come and join us at our tables. See you there!

JUNE

June 6, 2017, 11:30 a.m. – 1:00 p.m., in the OC cafeteria: National Safety Awareness & the ProMedica “Market on the Green”

How often have you heard the words “Safety First”? How often do we really think about aspects of safety before engaging in various activities? This month’s “Table Talk” is dedicated to safety and some of the main things we should be paying attention to, or practicing, at all times. ProMedica, together with Owens Corning safety specialists, will be on hand to discuss or answer questions.

Also, learn about ProMedica’s Market on the Green, a very special kind of grocery store located in the downtown Toledo area that’s open to everyone. Join us and find out more about Safety and Market on the Green. There will also be a raffle of various food items for those individuals that visit us at our table!
JULY
July 11, 2017, No Table Talk Scheduled due to OC Health Summit

AUGUST
August 8, 2017, 11:30 a.m. – 1:00 p.m., “Distracted Driver”
You, like many of us, may engage in unsafe activities while driving. Do you text or email while driving your car? Do you dial your phone, look at Facebook messages, change stations on your radio, eat food or drink liquids while you’re driving? If you’ve answered “yes” to any of these questions, we invite you to this month’s table talk to learn more about the dangers associated with distractions while driving. Experience first-hand the effects of being a distracted driver when you engage with a driving simulator we’ll have on hand. This is a real eye-opener.

SEPTEMBER
September 12, 2017, 11:30 a.m. – 1:00 p.m., in the OC cafeteria: Breast Cancer Awareness Month
Owens Corning and ProMedica have teamed up to raise awareness and support for breast cancer research and breast cancer survival. It doesn’t just affect women; men can get breast cancer also. ProMedica will host its monthly educational “Table Talk” for September, focusing on Breast Cancer, early detection, self-breast examination, signs and symptoms of breast cancer and the importance of mammograms. We will have a bone density scanner available to check your bone strength (sorry men, the scanner is calibrated for women only at this time). Look for our table and come talk to us and register for our raffle!

OCTOBER
October 20, 2017, 11:30 a.m. – 1:00 p.m., in the OC cafeteria: “Diabetes Awareness Month”
(in development, to be announced)

NOVEMBER
November 14, 2017, 11:30 a.m. – 1 p.m., in the OC cafeteria: “Men’s Health Month”
(in development, to be announced)

DECEMBER
December 12, 2017, 11:30 a.m. – 1:00 p.m., in the OC cafeteria: “Lighten Your Load”
(in development, to be announced)