

# HOW CAN WE HELP YOU?

The **Kleist Health Education Center** is a nonprofit educational organization devoted to healthy lifestyles. By teaching and promoting positive health choices, the center strives to prevent health problems & illnesses before they begin.

Challenging and thought-provoking programs use innovative teaching aids and enhancements to present the latest in health research.



[www.fgcu.edu/khec](http://www.fgcu.edu/khec)  
**(239) 590-7458**



**Kleist Health Education Center**

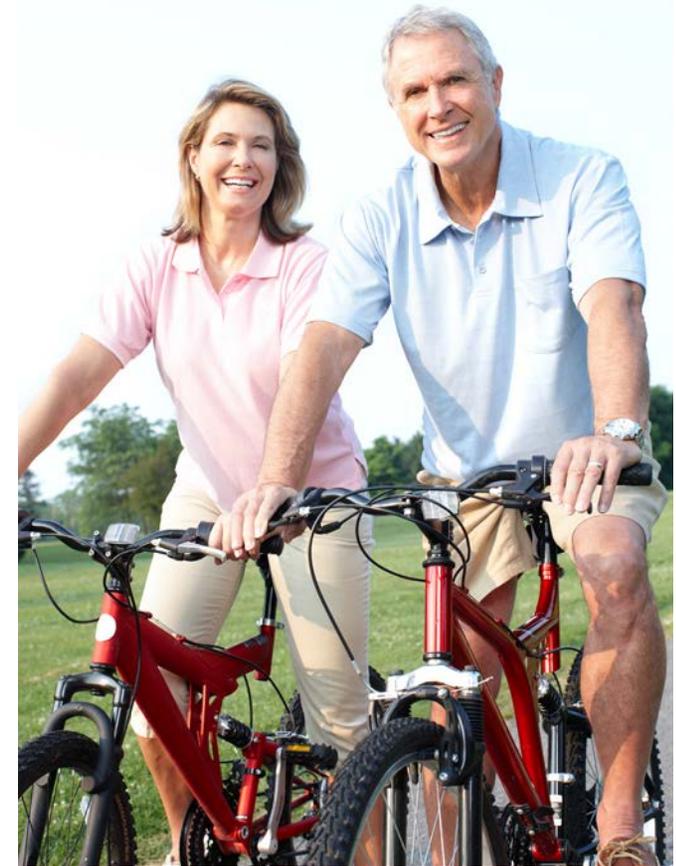
*Making a Difference for Our Children*

10501 FGCU Blvd. South, Fort Myers, FL 33965

## KLEIST HEALTH EDUCATION CENTER

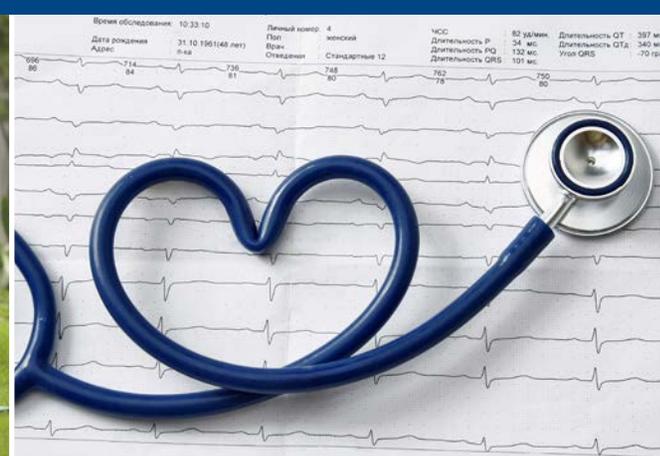
### Community Outreach Program Guide

*Our staff extends a personal invitation to make the Kleist Health Education Center an integral part of your community.*



College of  
Health Professions  
and Social Work

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## Nutrition & Fitness

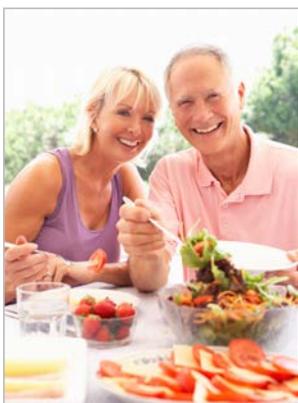
Proper nutrition and exercise go hand-in-hand in helping you feel better and prevent disease.

Our Nutrition and Fitness Program is an interactive presentation that incorporates video, music and demonstrations.

### TOPICS

Discussions of nutrition, muscular strength, muscular endurance, flexibility and balance:

- ▶ Incorporating daily servings of fruits, vegetables, whole grains and dairy products can help maintain weight and increase energy level.



- ▶ Exercising at least 30 minutes a day through a variety of ways such as walking, swimming, playing tennis and resistance training is a great way to stay in shape, remain active and feel better about yourself!

## Stress Reduction

Prolonged stress can result from chronic illness, disability, loss of a loved one, finances, changes in living situations or family...stress is inevitable.

### TOPICS

We teach you how to adapt healthy behaviors that can help you feel better and feel at ease throughout the day. Breathing exercises, stretches, healthy eating and exercise are just a few components of this program to help you calm your mind.

## Fall Prevention

Have you ever felt dizzy or been scared that one day you might fall? Falls are one of the most common causes of injury among older adults in Southwest Florida.

### TOPICS

We discuss the importance of incorporating an exercise plan, learning how to make your home and environment more safe and scheduling regular checkups with your healthcare provider. Balance problems and symptoms are discussed, in addition to tips for prevention.

## Heart Disease Risk & Prevention

Heart disease is the leading cause of death in the United States.

### TOPICS

Our educational program describes different types of diseases ranging from myocardial infarctions to strokes, ventricular/atrial fibrillation and arrhythmias. To reduce or prevent these devastating diseases from occurring, we discuss aspects of weight gain, diabetes, lowering blood pressure/cholesterol, consuming low-fat foods and the effects of smoking, caffeine or substance intake.

### Request a Workshop

Call or email us to request a customized workshop to meet the needs of your group or organization.

### Contact us for more details:

Call: (239) 590-7458

Email: [khec@fgcu.edu](mailto:khec@fgcu.edu)

Website: [www.fgcu.edu/khec](http://www.fgcu.edu/khec)