

Working on Wellness (WOW) Professional Resource List

Anne Menzies, RD ThedaCare Physicians, 710 Riverside Dr. Waupaca, WI. 54981 715-256-3000

Topic	Audience	Program Source	Description	Cost	Equipment	Length of Session
Shop Smart for Weight Loss	Adults		Making better grocery store choices; reading labels	\$250 + .44/mile	Power Point Projector	2 hours
Eating to Fuel your Active Lifestyle	Youth athletes; Adults		Healthy eating for the athlete	\$250 + .44/mile	Power Point Projector	2 hours
Nutrition and Your Heart	Adult		Healthy Heart Eating (cholesterol, fats, fiber)	\$500 + .44/mile	Power Point Projector	4 classes (45-60 minutes each)
Dieting, Weight, and Exercise: Finding a Healthy Balance	Adult		Healthy eating, exercise, positive self-image	\$250 + .44/mile	Power Point Projector	2 hours
Intuitive Eating	Adult		Teaches the “non-dieting approach to weight loss	\$15/person /class (min. 6 people)	Power Point Projector	10 classes (60 minutes each)
Nutrition is Hot!	Adult		Fiber, Carbohydrate, Fat	\$150 + .44/mile	Power Point Projector	1 hour
Carb Lingo	Adult		Diabetic Carbohydrate Counting	\$150 + .44/mile	Power Point Projector	1 hour
MyPyramid	Adult		New Food Guide Pyramid; Portion control; food safety	\$150 + .44/mile	Power Point Projector	1 hour
Fast Food	6 th -8 th grade students		Making better food choices when eating out	\$150 + .44/mile	Power Point Projector	1 hour
Who Needs Breakfast?	6 th -8 th grade students		Importance of eating breakfast; portion control	\$150 + .44/mile	Power Point Projector	1 hour
MyPyramid	5 th -8 th grade students		New Food Guide Pyramid	\$150 + .44/mile	Power Point Projector	1 hour

Additional topics as requested

Carol Peotter, RD/Manager Riverside Medical Center, 800 Riverside Dr. Waupaca, WI. 54981 715-258-1052

Topic	Audience	Program Source	Description	Cost	Equipment	Length of Session
Healthy Food Choices	Adults		Practical ways to eat healthy to match your lifestyle	\$100/hour + .45/mile	Laptop; Projector	1 hour
Healthy Eating on the Run	Adults		Maintaining healthy eating	\$100/hour +	Laptop; Projector	1 hour

Healthy Eating for Young Children	Parents of children 1-8 years old	Ellyn Satter	habits despite a hectic schedule Nutrition needs and eating behaviors of young children	.45/mile \$100/hour + .45/mile	Laptop; Projector	1 hour
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Additional topics upon request

Mary Ellie, RN Safe Kids Coordinator Waupaca County DHHS, 811 Harding St. Waupaca, WI. 54981 715-258-6323

<u>Topic</u>	<u>Audience</u>	<u>Program Source</u>	<u>Description</u>	<u>Cost</u>	<u>Equipment</u>	<u>Length of Session</u>
Safe Kids—prevention of unintentional injuries	Children 14 years old and younger in Waupaca County	Safe Kids Wisconsin/ Safe Kids Worldwide	Car seat safety; fire prevention; accident and injury prevention	Car seats available to low income families in Waupaca County for \$20 or less; no charge for installation	None	Car seat installation available upon request

Marguerite Ramlow, Certified Yoga Instructor 9874 Cty. K Amherst, WI. 54406 715-824-3463

<u>Topic</u>	<u>Audience</u>	<u>Program Source</u>	<u>Description</u>	<u>Cost</u>	<u>Equipment</u>	<u>Length of Session</u>
Yoga instruction and demonstration	All ages	None	Stress management; Breathing & movement techniques	\$60-100/hour	Floor space for demos	45-90 minutes

JoEllen Biadasz, RN Waupaca County DHHS, 811 Harding St. Waupaca, WI. 54981 715-258-6399

<u>Topic</u>	<u>Audience</u>	<u>Program Source</u>	<u>Description</u>	<u>Cost</u>	<u>Equipment</u>	<u>Length of Session</u>
Early Brain Development	Child bearing age; Teen parents	Great Beginnings: 1 st Years Last Forever	Developmental milestones in infant's life & interventions to optimize development	None	None	30-60 minutes

Sue Kempfert, RN Waupaca County DHHS N2910 Teddy Bear Lane, Waupaca, WI. 54981 715-258-5548

<u>Topic</u>	<u>Audience</u>	<u>Program Source</u>	<u>Description</u>	<u>Cost</u>	<u>Equipment</u>	<u>Length of Session</u>
Changes in young girls. Also, diabetes, hypertension, allergies	4 th -12 th grade girls in Waupaca School District	None	Menstruation in young girls and general health info	None	VCR	20-30 minutes

Cyndy Irvine, RN Community Education, Riverside Medical Center 800 Riverside Dr. Waupaca, WI. 54981 715-258-1636
cirvine@riversidemedical.org

<u>Topic</u>	<u>Audience</u>	<u>Program Source</u>	<u>Description</u>	<u>Cost</u>	<u>Equipment</u>	<u>Length of Session</u>
Blood Pressure; Cholesterol; CPR; Babysitters training	Adults; Sitter class: at least 11 years old	American Heart Assoc. American Nurses Assoc. Safe Sitter Program	General information Sitter class: lifesaving techniques, safety	Safe sitter class: \$40. No charge for informational classes at businesses	As needed	As requested

Marci Reynolds, RN Manager, Diabetic Education and Cardiac Rehab, Riverside Medical Center 800 Riverside Dr. Waupaca, WI 54981
715-258-1162 mreynolds@riversidemedical.org

<u>Topic</u>	<u>Audience</u>	<u>Program Source</u>	<u>Description</u>	<u>Cost</u>	<u>Equipment</u>	<u>Length of Session</u>
Diabetes, Cardiac Rehab, Heart Disease	Adults	American Heart Assoc. American Diabetes Assoc.	General information	No charge for informational classes at businesses	As needed	As requested

Cary Ogden, Ron Pehlke, Waupaca County DHHS, 811 Harding St. Waupaca, WI. 54981 715-258-6300

<u>Topic</u>	<u>Audience</u>	<u>Program Source</u>	<u>Description</u>	<u>Cost</u>	<u>Equipment</u>	<u>Length of Session</u>
Mental Health Issues; Suicide Outpatient Services	18-64 years old	Health and Human Services resources available	Mental health treatment services	None	None	1 hour

Kathy Reinke, RD CDE Shawano Medical Center, 309 N. Bartlet St. Shawano, WI. 54166 715-526-7138 kreinke@shawanomed.org

Topic	Audience	Program Source	Description	Cost	Equipment	Lengh of Session
Diabetes Prevention Program	All ages	National Diabetes Education	Diabetes Risk Awareness and Education	No cost for non-profit Organizations; variable cost for businesses	As needed	As requested
Weight management	All ages	None	Portion sizes and Calorie control	Same as above	As needed	As requested
Heart Healthy Eating	All ages	American Heart Association	Nutrition awareness: Low cholesterol, low fat, hypertension	Same as above	As needed	As requested
Healthy Feeding Practices for Children	All ages	None	Feeding/nutrition guidelines for Various age groups	Same as above	As needed	As requested

Elaine Gast, Community Relations Shawano Medical Center, 309 N. Bartlet St. Shawano, WI. 54166 715-526-7138

****Contact for other speaking possibilities through hospital**

****Check website at www.shawanomed.org for listing of area classes, support groups, and events**

Jeff Oestreich, RPH; Dennise Ross, PharmD Waupaca Woods Pharmacy, 101 N. Western Ave. Waupaca, WI. 54981 715-258-7621

Topic	Audience	Program Source	Description	Cost	Equipment	Length of Session
Drug abuse prevention; Food supplements; Alternative medicine; Disease prevention; Poisoning prevention	All ages in City of Waupaca	None	General Information	\$75/session	Powerpoint equipment; VCR	½-1 hour

Lori Hartz Thedacare Dietitians 920-831-5077 (First contact to work w/N.L. Medical Center RD*)

***Lainie Hintz, RD New London Family Medical Center 1405 Mill St. New London, WI. 920-532-2068**

<u>Topic</u>	<u>Audience</u>	<u>Program Source</u>	<u>Description</u>	<u>Cost</u>	<u>Equipment</u>	<u>Length of Session</u>
New Food Pyramid	Any	None	General Information	\$60/hour—non-Profit groups; \$100/Hour—businesses; (includes prep & travel time)	Powerpoint equipment	45-60 minutes
Healthy Eating at Home and Away	Any	None	How to make healthy food choices at home & when eating out	Same as above	Same as above	45-60 minutes
Label Reading	Any	None	How to read the Nutrition facts panel	Same as above	Same as above	45-60 minutes
Heart Health	Any	None	Good/bad fats, sodium, Fiber, cholesterol	Same as above	Same as above	45-120 minutes
Food Portions	Any	None	Serving sizes for foods	Same as above	Same as above	45-60 minutes

Bruce Pierson, PT, Rehabilitation Services Manager Riverside Medical Center, 800 Riverside Dr. Waupaca, WI. 54981 715-258-1053

<u>Topic</u>	<u>Audience</u>	<u>Program Source</u>	<u>Description</u>	<u>Cost</u>	<u>Equipment</u>	<u>Length of Session</u>
Body mechanics, Lifting, Back Safety	Adults					
Ergonomics/exercises for office worker	Adults					
Stretching/prevention for weekend/working athlete	Adults					
Body mechanics/posture	Adults					
Abdominal stabilization	Adults					
Balance/falls prevention	Adults					
Urinary incontinence issues/treatment	Adults					

Deana Hirte Waupaca Resource Center, 515 School St. Waupaca, WI. 54981 715-256-1621

<u>Topic</u>	<u>Audience</u>	<u>Program Source</u>	<u>Description</u>	<u>Cost</u>	<u>Equipment</u>	<u>Length of Session</u>
Anger Management	Adults (only held At Waupaca Family Resource Center)		Techniques to manage anger in adults	Free		90 minute

1-2-3 Magic	Adults (at Resource Center)	Discipline techniques for kids 2-12	Free	90 minutes
Nurturing	Adults (at Resource Center)	Nurturing techniques For parents/caregivers	Free	90minutes

Dr. MaryJo Byers, OD; Dr. Jeff Byers, OD Hayes and Byers, 222 S. Washington Waupaca, WI. 54981 715-258-2020

<u>Topic</u>	<u>Audience</u>	<u>Program Source</u>	<u>Description</u>	<u>Cost</u>	<u>Equipment</u>	<u>Length of Session</u>
Basic eye care	Any age	None	General information	No charge	VHS	½ hour

Deb Ferguson, Nurse Midwife, FNP Thedacare Physicians Waupaca 710 Riverside Drive Waupaca, WI. 54981 715-256-3092

<u>Topic</u>	<u>Audience</u>	<u>Program Source</u>	<u>Description</u>	<u>Cost</u>	<u>Equipment</u>	<u>Length of Session</u>
Reproductive health; Pregnancy prevention- Abstinence/birth control Options; pre-conceptual Care, andepartum/ Perinatal; GYN care; STD's	Female/Male variety of ages		General Information	None	Powerpoint projector	1 hour

Sherry Fisher Waupaca Co. Tobacco Free Coalition Coordinator 811 St. Waupaca, WI. 54981 920-596-3973

<u>Topic</u>	<u>Audience</u>	<u>Program Source</u>	<u>Description</u>	<u>Cost</u>	<u>Equipment</u>	<u>Length of Session</u>
Health Risks related to Tobacco Use	Adults, Children			Free		30-60 minutes
Trained Facilitator for:		ALA Freedom From Smoking (FFS)		Free		
		ALA Not On Tobacco (NOT – teens)		Free		
		ALA Alternative To Suspension --- (ATS – To be used tobacco citations)				
		ALA Teens Against Tobacco Use (TATU)		Free		

Marilyn Herman, Family Living Educator, Waupaca County UWEX 811 Harding St. Waupaca, WI. 54981 715-258-6225
marilyn.herman@ces.uwex.edu

Topic	Audience	Program Source	Description	Cost	Equipment	Length of Session
Eating for a Productive Workday	Adults		How eating can prevent sickness, impact your Energy and memory	No charge for professional time with WOW (Working On Wellness) projects \$100 for community or business groups if not in WOW (+ mileage)		45 minutes-2 hours
Eating Well™The Shift-Work Dilemma	Adults		Techniques to lower risk of overweight, high blood pressure, sleep disorders, depression	Same as for above		45 minutes-2 hours