

The speakers listed herein are available to provide information and assistance in improving the diet, exercise and health choices of our community. These speakers are available free of charge to non-profit organizations.

The Quad City Health Initiative provides this list of speakers as a community service. Speakers are solely responsible for the content of their presentations.

**Choose Health. Live Well.
Key Messages**

- Lose It! *Eat well-balanced meals. Reduce calories if you are overweight.*
- Move It! *Accumulate at least 30 minutes of activity most days of the week.*
- Check It! *Get regular checkups.*
- Know It! *Know your numbers, blood pressure and cholesterol. If high, get them treated.*
- Quit It! *If you smoke, stop.*
- Chill It! *Improve your mental and spiritual health. Control your stress.*

The Wellness Champions, a project of the Quad City Health Initiative, supports Quad City



residents in making healthy choices regarding diet and exercise.

The Quad City Health Initiative (QCHI) is a community partnership

in active pursuit of a healthier community. The Initiative seeks to be a catalyst for improving the health and overall quality of life within the Quad City community. The Initiative raises awareness of health issues, encourages or creates projects to address gaps in health services, and fosters community collaboration in all aspects of health.

Genesis Health System and Trinity Regional Health System are major financial sponsors of the Initiative. Additional financial support is provided in 2008 by Alcoa.



For more information on QCHI, please call: 563-421-2826.

Website: www.qchealthinitiative.org



**SPEAKERS
BUREAU
GUIDE**



Choose Health. Live Well.

Revised 09/16/09

Nutrition/Weight Management

Organizations & Topics

Iowa State University Extension 563-359-7577

Contact: Vera Stokes
ABCs for Healthy Children
The Goodness of Soy Foods
Read Any Labels Lately?

Genesis Health System 563-421-9268

Contact: Tiffany Fitzgerald, Public & Community
Relations Coordinator
Are You at Risk for Heart Disease?
Healthy Eating
Label Reading
Weight Management
Weight Reduction
Wellness and Diet

Traci Nelson, D.C. 563-359-9541

Stress Management
Wellness
Nutrition

Palmer Chiropractic Clinics 563-884-5628

Contact: Julie Johnson, D.C.
The Nervous System & Metabolism: The
Weight Loss Factor
What Controls Your Cholesterol? It's Not
Just What You Eat

Trinity Regional Health System 309-779-2804

Contact: Richelle Kuboushek, Community Outreach
Specialist
Basic Nutrition-Healthy Bodies
Cholesterol Management
Diabetes Management
Eating Healthy for Seniors
Exercise and Nutrition
Good Nutrition
Heart-Healthy Eating for Prevention
Nutrition/Food for Ages 5 & Under
Nutrition for School-Age Children
Portion Control of Foods & Healthy Eating
Top 10 Healthy Foods for Women

Exercise

Organizations & Topics

Genesis Health System 563-421-9268

Contact: Tiffany Fitzgerald, Public & Community
Relations Coordinator
Exercise Benefit
Finding a Fitness Center
What Type of Exercise is Best

Ruth Johnson 563-323-7316

The "How tos" of Exercise
The Values of Exercise

Traci Nelson, D.C. 563-359-9541

Your Computer Versus Your Body:
- Posture
- Stretching
How to Stay Young the First 100 Years
How to Raise a Healthy Child

Palmer Chiropractic Clinics 563-884-5628

Contact: Julie Johnson, D.C.
Why Exercise at 80% When You Can
Exercise at 100% with Chiropractic?
The Only Way to Get Energy is to Give It!

Mark Schmall, D.C. 309-786-3536

Strength / Conditioning
Injury Prevention
Spinal Care, Posture & Wellness

Trinity Regional Health System 309-779-2804

Contact: Richelle Kuboushek, Community Outreach
Specialist
The 15 Minute Work Out
Exercise & the Older Adult
Exercise Programs & Weight Loss
Fitness & Nutrition
Flexibility/Fitness
General Exercise Information
Incorporating Exercise into Daily Living
Stability Ball (Swiss Ball) Basics
Strength Conditioning
Strength Training Basics
Stress Management
"Weighing" the Facts on Strength Training
Weight Management: How To Do It

Hypertension

Organizations & Topics

Genesis Health System 563-421-9268

Contact: Tiffany Fitzgerald, Public & Community
Relations Coordinator
Cardiac Prevention and Risks
Hypertension
Risk Factors for Hypertension
Stroke Prevention and Recovery
Smoke Savvy
Low-fat Diet/Cholesterol Control

Nidal Harb, M.D. 563-421-6275

Cardiac Risk Factors Management

Palmer Chiropractic Clinics 563-884-5628

Contact: Julie Johnson, D.C.
Beyond the Numbers ... Taking Charge of
Your Health

Sanjeev Puri, M.D. 309-743-6700

Cardiac Risk Factor Management
Prevention of Cardiac Disease

Trinity Regional Health System 309-779-2804

Contact: Richelle Kuboushek, Community Outreach
Specialist
Current Trends and Cardiovascular Disease
Heart Disease and Diabetes
Heart Disease in Elderly
Heart Failure
Heart-Healthy Eating for Prevention
Prevention of Heart Disease

