



Clinical Health
Appraisals, Inc.

Health and Wellness Seminars 2021

Clinical Health Appraisals offers a variety of health and wellness seminars for our clients. In 2021, our seminars are also virtual! The list below is regularly reviewed and revised, so if there is a topic you do not see on the list but would like a seminar for, please let us know. We will work diligently on finding a solution that will meet your needs.

1. Developing Your Wellness Goals
2. ABC's of Healthy Eating/Nutrition
3. Cholesterol, Diabetes, and Nutrition
4. Diabetes... Are you at Risk?
5. Easy Ways to Eat Right and Stay Healthy
6. Healthful Living: Eating, Exercising, and Sleeping for Good Health
7. Reducing Your Risk of Heart Disease
8. Weight Management – Eating and Exercising for Good Health
9. Get a Good Night's Rest
10. Sun Safety & Skin Cancer Prevention
11. A "How To" Guide: Lose Weight, Increase Energy, and Restore Health
12. Balancing Work and Family: The Stress of It All
13. Heart Health for Everyone
14. Nutrition for Everyone
15. Fitness for Everyone
16. The Eight Dimensions of Wellness
17. Supplements: The Good and Bad News

With over 30 years in the health and wellness industry, Mike Otto shares his expertise and passion of educating others through these educational seminars. A seasoned public speaker with credentials in Sports Medicine, Kinesiology and Exercise Physiology, Mike is a trusted source to speak about diverse topics in the health and wellness field. With each of these interactive seminars, Mike presents a practical plan for listeners to achieve their health and wellness goals.

Pricing: Each hour-long in person seminar is \$500 in the Northern California area, an hour-long virtual seminar is \$325.00, and 20-minute virtual seminar is \$125.



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