



Healthy Families Workshop Series

The Family Resource Center (FRC) Outreach Program is interested in your input. Please e-mail your suggestions and time preference to gduran@cityofalisoviejo.com

Acupuncture	Generic vs. Brand Name Drugs
Adolescent Health Issues	GERD
Allergies	Headaches and Migraines
Arthritis	Heart Disease
Asthma in Children	Heart Disease in Women
Asthma and Allergies	How to Talk to Your Doctor
Babies First Foods	Hypertension
Baby Sitting Course	IBS
Balancing Work and Family	Internet Safety
Breast Cancer	Managing Holiday Stress
Cancer Awareness	Men and Diabetes
Cancer of the Prostate	Men's Health Issues
Childhood Vaccinations	New Food Pyramid
Children's Nutrition	Osteoporosis
Cholesterol	Prostate Cancer
Cold and Flu Prevention	Rheumatoid Arthritis
COPD-Chronic Obstructive Pulmonary Disease	Saving Your Skin- Summer Hazards
CPRS	Sexuality and Aging
Diabetes	Skin Cancer Prevention
Diets	Stress Management
Eat Your Heart Out of Bad Habits	Stroke
Evidence Based Medicine	Summer Safety-for kids
First Aid	Thyroid Disease
Foods High in Calcium	Understanding IBS
Fall Prevention	Women's Health Issues

For more information call
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