

# Upcoming Content Roadmap



## Parenting Kids with Anxiety

Taught by Dr. Renee Jain

You want so much for your kids. You want them to do well in school. You want them to make good friends and have fun. You want them to be active and healthy. And you want them to succeed. When our kids face struggles with anxiety or depression, we can find it hard to know how to support them. This course gives parents tools and strategies to help their kids reclaim their innate superpowers so they can live life to the fullest.

## Nutrition

Taught by Jen Scheinman

What and how you eat can influence all aspects of your health and wellbeing. In this course, we teach you the fundamentals of healthy eating so you can skip the fad diets and create a healthy eating plan that works for you and your unique needs and goals.

## Healthy Pregnancy

Taught by Dr. Christine Sterling

When it comes to having a baby, there's so much to know and do it can be overwhelming. This foundational healthy pregnancy course explores the most essential practices that contribute to mom and baby health from pre-conception to birth.

## Hypertension

Taught by Dr. Haider Warriach

Uncontrolled hypertension can lead to a number of health problems, including heart attack and stroke. With some effort, though, it is possible to learn to manage this condition and lower your risk for such complications. This course explores those things you can do to help you keep your blood pressure under control and give you the best chance at a longer, healthier life.

## Life with Addiction

Taught by Dr. Patsy Manzanares

Addiction impacts millions of lives every year. It can destroy relationships, ruin careers, and kill. There is hope. In this online course, we help you explore strategies to break the grip of addiction and find pathways to healing.

## Functional Movement, Brilliant Aging

Taught by Kay Van Norman

We all want to remain independent and active for as long as possible. Working to improve your strength, balance, flexibility, as well as your attitude can all help promote what experts call functional movement. Take this course to explore simple exercises that can help you continue to do all the things you want to do for as long as you want to do them.

## Smoking Cessation

Taught by Dr. Jonathan Bricker

If you smoke, one of the best things you can do for your health and the health of those around you is to quit. You probably know that. You probably also know that quitting is hard. In this online course, we help you understand what it takes to quit smoking for good.

## Diabetes Essentials

Taught by Ranelle Kirchner

Uncontrolled type 2 diabetes is a risk factor for a number of serious health problems, including eye disease, heart disease, kidney disease and more. When controlled, though, those risks go way down. When it comes to diabetes self-management, there's a lot to know and do. What and how you eat, however, play a huge role. This course explores the fundamentals of nutrition for people living with type 2 diabetes.