



# Participant Appreciation and Education Events: Looking Ahead

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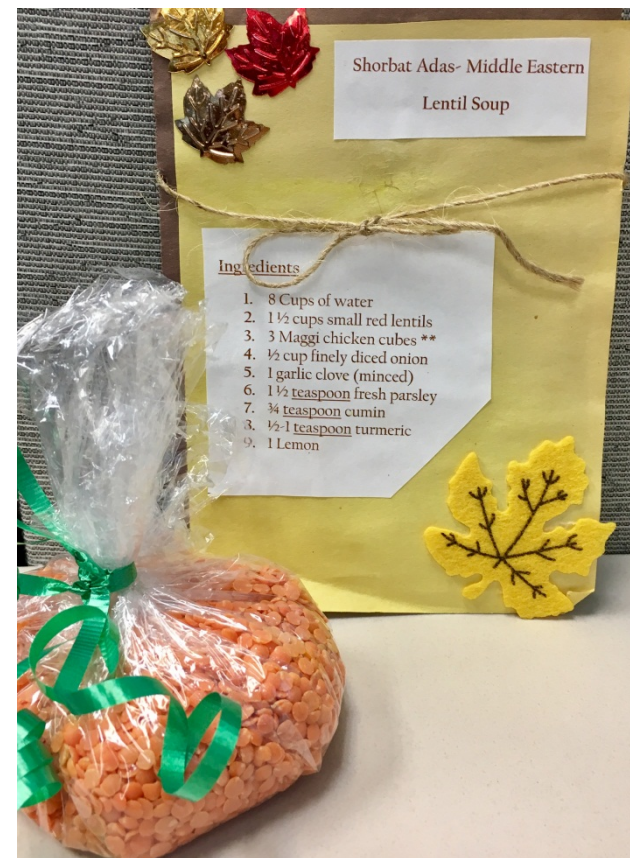
# Let's Start with a Demonstration

Stretch and Exercise  
with  
Theresa Young

# Review: Goals of Participant Events

- Education
- Recruitment incentive
- Retention tool
- Relationship building
- Other?

# Retention Tools



# Challenges

- Low attendance
- Staff burden
- Cost
- Other?

# New Ideas

- Shared events (videoconferencing)
- Videotape future events
- Your ideas?

# Topics Covered

|                                    |                                        |
|------------------------------------|----------------------------------------|
| Healthy Eating                     | MyPlate and Enjoying Seasonal Produce  |
| Increasing Physical Activity       | Increasing Activities of Daily Living  |
| Lifestyle Change                   | Making Behavior Changes                |
| Stress Reduction and Coping Skills | Keeping Your Cool in a Stressful World |

- Next events will repeat *Increasing Physical Activity* and *Healthy Eating*
- Ideas for additional topics?

# Participant Event Contest Ideas

1. Raffle prize related to topic
2. Cooking demo with local wild game
3. Diabetes prevention games/activities
4. Tailgating Party with athletic shoe store demo
5. Interactive cooking session with samples and recipes
6. Nutrition game show
7. Outdoor event with yoga instructor
8. Grocery store tour
9. Make a healthy snack
10. Community park with walking trails around lake
11. Video networked costume party
12. Interactive exercise with Certified Personal Trainer
13. Virtual connection: participant portal
14. Talk while crafting
15. Game night (Jeopardy, Bingo)
16. Spa Day
17. Make a recipe book with meal plans
18. Exercise video/yoga classes
19. Exercise in the park on grass

And the winner is...

*Duke*

Tailgating Party with athletic shoe store demo