



Lunch & Learn

Free company talks and health fairs!

We'd like to introduce you to Kitchener/Waterloo's 1st complimentary "Employee Health" program. Most people are completely unaware that the meaning of "doctor" is "teacher". Our purpose is to provide quality health education to your employees by offering two outstanding company health programs. Introducing KW's Professional Health and Wellness Network's Complimentary "Lunch & Learns" and "Company Health Fairs".



Dr. Charles J. Prange, DC

Local Companies have been thrilled with our Lunch and Learns: Perimeter Institute, M&M Meat Shops, Google, Systematix, City Of Waterloo, Rogers Communications, BrockSolutions, Gateman Milloy, Desire 2 Learn, Agfa Healthcare, Kuntz Electroplating, Costco, Revneue Canada, Colt Canada, Hauser, Ernst & Young, Campana, Hogg Fuels, Price Water House and Cooper, Hauser, and many more!

You can easily help your employees gain dynamic energy and health by providing them with one of these informative workshops: Power Stretching and Ergonomics, Advanced Nutrition & Wellness, Freedom From Headaches and Stress, Body For Life, Asthma, Allergies and Immune Boosting, Detoxification and Cleansing, Life Mastery, Standing on the Job - Your Back to the Future, Sitting on the Job - How to Stay Fit While you Sit, Arthritis Discovery Workshop, Health Quest - 5 Secrets to Optimal Health, Fibromyalgia, How to Harness 10 Times More Daily Energy, and Wellness Now. Other topics are available by special request.

Our Wellness centered health fairs will target all aspects of your overall health. If your company is having a "Wellness Week", then let us come in and set up a Health Fair. Our health Fairs include Chiropractic and Naturopathic doctors who can provide general health and computerized spinal screenings, blood pressure consultations, nutrition and health food advice, and more.



Book your talk or health fair today

Call 519-885-1231 or email thedoc@advancedfamilywellness.com

