



# Dr. Mark Wellness

We are individuals passionate about educating people on health and wellness. Through educational initiatives, we provide wellness education to the community by offering a variety of free programs to local civic groups, organizations, clubs, churches, businesses, and schools.

We have found the topic of workplace wellness to be of special interest to businesses both large and small. As the economy and health care continue to be at the forefront of issues faced by our nation, we are finding many employers have realized the bottom-line impact of fostering wellness within their workforces. Through wellness programs employers are able to contain health care costs, curb absenteeism and boost productivity, all essential in a competitive business world.

Our programs encompass timely workplace wellness topics such as ergonomics, stress management, nutrition and workplace safety. In addition we offer options for employee wellness screenings. Regardless of the size or complexity of your workplace wellness program we can easily dovetail any initiative to fit with your objectives.

If you have questions or are interested in scheduling a program simply mark your selections and return the enclosed flier.

Health is a **CHOICE** for each and every one of us. I thank you in advance for allowing us to help.

Yours in better health,

Dr. Mark Roerick D.C..

32 32<sup>ND</sup> AVE SOUTH  
ST. CLOUD, MN 56301

320-251-1080

[www.drmarkwellness.com](http://www.drmarkwellness.com)



**Dr. Mark  
Wellness**

***OUR WELLNESS  
EDUCATOR....***



## Dr. Mark Roerick

### Education:

Dr. Mark is a 1994 graduate of Northwestern Health Sciences University in Bloomington, MN. After working as an associate chiropractor in the Twin Cities for two years, he and his family re-located to the Saint Cloud, MN area and purchased a chiropractic practice in 1996. Dr. Roerick quickly outgrew his downtown location and after two more expansions, purchased and remodeled his own building. His new facility was designed around the emphasis of education. He and his wife Donna have regular classes on stress, exercise, nutrition and other wellness topics.

Dr. Roerick has become one of the leading health and wellness advocates and educators in the St. Cloud and surrounding areas. His belief is that “The strength of a community depends on the health of its residents” spurs his contribution of countless hours to the education and promotion of health and wellness. Hundreds of area residents are educated annually on the healing power of the body and overall benefits of healthy lifestyle choices.

Specific healthy lifestyle choices include diet, exercise and stress reduction. “Our educational programs are designed specific for each place. Whatever your specific needs are, from factory safety talks, ergonomic tips and exercises, we cover them all. With the increase use of computers and mobile devices, ergonomics has become a primary issue and with proper tips and exercises this enables teams to be more productive. All of our programs are designed to help individuals and teams come away with some strategies to help them on their own personal and team wellness goals.”

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## ***OUR LIFESTYLE EDUCATOR ...***



**Donna Roerick**

**Wife and mother excited about a healthier world.**

- Traditional naturopath with a background in laboratory technology**
- Team member for National Cooking Matters (No Kid Hungry)**
- Member St Cloud Area Chamber of Commerce**
- St. Cloud Business Builders (Biz to Biz Chapter)**

I have a passion for teaching others about the options of a healthier world. Through my studies of homeopathy and herbs, to my medical laboratory training I have a well-rounded understanding of the world in which we live. From the foods we eat, the air we breathe, to the thoughts we think, our choices define who we are. So by learning new choices we can improve who we become. Let me show you some options!

Nutrition and professionalism... Does it matter? Does what you eat fuel you for your day? Does it help you to make the right decisions? Can your client tell? You bet they can! How can you be more productive, more on task and more alive by choosing the right meals through the day? Take an hour to find out!

Caring for the Caregiver-Aren't we all teapots, pouring ourselves into others all day long? How do you refill your teapot? Take some time for yourself to learn how to rebuild and refuel to keep doing what you love...giving.

Label reading 101, Stop the madness! Have the labels on the foods we eat made us more educated or more confused? Come and get unstuck! Bring notepaper! This one hour is packed with info!

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## OUR PROGRAMS

We offer general health education and awareness presentations in an effort to positively impact the community by influencing individuals to make healthier lifestyle choices. These programs are offered to local businesses and community organizations free of charge. Choose one or all of our educational programs and seminars. Together they create a stellar health awareness series.

All workshops and programs can be customized based on time available and the interests of your group. Larger employers may benefit from breaking larger groups down by department or position type. For more information or to schedule your workshop you may call, fax, or email us.

**Dates are filling up fast. Reserve your date today!**

### Special Interest to Businesses:



#### *Get a Grip on Stress:*

*While it's true that stress is a result of change, one common misconception is that stress is always a result of a negative shift in our environment. Not only can stress result from positive occurrences in our lives but both positive and negative stress affect our overall health in a variety of ways. Stress is all around us. Learn tips to managing stress and minimize its negative affects on the body.*



#### *Get fit while you sit:*

*The computer age has found us spending more time at our keyboards. Prolonged postures and repetitive movements lead to a variety of symptoms such as eye-strain and headaches, shoulder pain and carpal tunnel syndrome, back pain and and sciatica, just to name a few. There is no need to work in pain! Follow these common-sense strategies to relieve pain and safeguard your health for years to come.*

#### **Nutrition Facts**

Amount Per Serving		% Daily Value*	
Serving Size 1 ounce    Servings in bag 4			
Calories 155	Calories from Fat 93		
<b>Total Fat</b> 11g    16%			
Saturated Fat 3g    55%			
Trans Fat			
Cholesterol 0mg    0%			
Sodium 148mg    6%			
<b>Total Carbohydrate</b> 16g    5%			
Dietary Fiber 1g    5%			
Sugars 1g			
<b>Protein</b> 3g			
Vitamin A	0%	Vitamin C	9%
Calcium	1%	Iron	3%

\* Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.

***Label Reading 101! Stop the madness! Have the labels on the food we eat made us more educated or more confused? Come and get unstuck! Bring notepaper! This one hour is packed with info!***



***Take 5 Stress Break! Help employees reduce tension by enjoying a 5-minute pressure point massage while learning more about their health. Using the latest state-of-the-art technology we conduct a scan of the nervous system and provide the results to the participants on the spot. We can answer their health related questions and offer suggestions to increase their performance at home and on the job! A great way to recognize your hard working team!***

# OUR PROGRAMS



## ***Ergonomics 101:***

*With the increased use of computers and mobile devices, having an awareness about proper posture is essential to avoid chronic issues of neck/back tension, headaches and many other health issues. In this workshop we will not only discuss why better posture is important but we will discuss simple changes people can make to better their long term health. Proper posture can lead to better productivity.*



## ***Nutrition & Professionalism:***

*Does it matter? Does what you eat fuel you for your day? Does it help you to make the right decisions? Can your client tell? You bet they can! How can you be more productive, more on task and more alive by choosing the right meals through the day? Take an hour to find out!*



***Health fair Screenings:*** *Don't forget us when planning for your next employee health fair. We offer a variety of fun and interactive screening options, perfect for any event! From master nerve system scans using the latest state-of-the-art technology, to posture screenings, we let individuals view their health from the outside looking in. We can help your team understand the keys to health and increased productivity.*



## ***Back Safety Workshop:***

*Studies show that when employees are properly educated, spinal injuries and the average cost of those injuries decrease. Back injuries are one of the most expensive injuries for companies. Take steps to prevent injuries and the expense that goes along with them. Your bottom-line will benefit and your employees will thank you. NOTE: Can be easily customized to nearly any position at your workplace.*



## ***Caring for the Caregiver:***

*Aren't we all teapots, pouring ourselves into others all day long? How do you refill your teapot? Take some time for yourself to learn how to rebuild and refuel to keep doing what you love...giving.*



## ***Keynote Speaking:***

*Our educators are passionate about helping individuals lead healthier lives. Please contact us to discuss your options for one of our keynote speakers. Together we can modify the exact program that fits your needs.*



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## QUICK-RESPONSE

We understand that you wear many hats. Out of respect for your time we make all our programs and events easy for you to implement. You provide the location, work with us to finalize a date and let us take care of the rest!

We even make selecting your preferred programs easy! Simply place a check (✓) in the box to indicate the programs that you believe best meet your needs. Then return this form to us via fax or e-mail. We will then contact you to answer your questions and finalize all the details.

### ***OUR PROGRAMS:***

- **Get a Grip on Stress**
- **Get fit while you sit**
- **Label Reading 101**
- **Take 5 Stress Break!**
- **Ergonomics 101**
- **Nutrition & Professionalism**
- **Health Fair Screenings**
- **Back Safety Workshop**
- **Caring for the Caregiver**

**Complete this form and fax it to our office.  
We will contact you immediately with additional information!**

Company Name \_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

I'm interested in scheduling the events marked above: \_\_\_\_\_

Preferred Date: \_\_\_\_\_ Preferred Time: \_\_\_\_\_

I'm interested in more information.

**Return Fax to (320) 656-8991  
drmark@advantagechiro.net**