

## Ergonomic Workshop



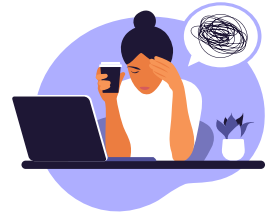
Learn about the importance of limiting the impact of physical stress at the workplace. Is it a big deal if you feel sore at the end of the day? What does it mean for you 10 - 30 years down the road?

## Stretching Workshop



Learn about the best ways to make the most of your work environment. What is the ideal guided program for stretching at the workplace? Why is it important and what does it prevent?

## Stress Management



Stress is a part of life. We don't talk about preventing stress as much as limiting its impacts on our health. Learn some easy and effective tools to lessen the impact of psychological stress.

All attendees receive handouts to keep for later with tips to implement strategies

## Yes, the workshop is FREE and lunch is provided

We are a private clinic of like-minded health professionals dedicated to having a positive impact on our community at large. We provide this service simply because we know that we can deposit value by doing more than just providing hands-on treatment at the clinic. At the time of these workshops, we do not solicit you to buy any products or services but we do inform attendees of services available and leave gift cards for those interested.

### REGISTRATION FORM

Ergonomic Workshop     Stretching Workshop     Stress Management Workshop

Organization Name : \_\_\_\_\_

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

Phone # / Email : \_\_\_\_\_

Date & Time Requested : \_\_\_\_\_