



ROBICHAUD
Family Chiropractic



Dr. Adrian Robichaud, BSc, DC

Workplace health programs have proven to help business **decrease costs** associated with staff turnover, absenteeism and medical claims/benefits usage and to **increase profits** in terms of higher staff morale and **increased productivity**.¹

The average lost time injury in Ontario costs \$59,000, including \$12,000 in WSIB costs, and the rest in indirect costs.

A business operation on a six percent profit margin would need nearly \$1 million in sales to make up the cost of that single injury.²

Dr. Adrian Robichaud Presents:

Workplace Injury Prevention

By attending this thirty minute presentation you will learn:

Three simple steps to better posture to **make it easy to stand tall.**

What are proper workplace ergonomics and how to **be sure you are using your workstation properly.**

Seven simple workplace stretches to **help your body manage your daily work stress.**

What three simple resistance exercises to do **to improve your ability to cope with the daily demands of office work.**

How chiropractic care can help prevent and manage workplace injuries and **help you be your best!**



Call us at 905-571-0821 if you have any questions or if you wish to book.

"On behalf of the Greater Oshawa Chamber of Commerce, I would like to thank you for facilitating our recent Lunch & Learn in the Chamber board room...

The response from those who attended has been quite positive and all enjoyed the information you shared. Everyone found the session very informative."

Bob Malcolmson
CEO & General Manager
Greater Oshawa Chamber of Commerce

"Thanks so much for taking the time on Saturday morning to speak to our Women's Learn to Run group. The information was delivered well and received with enthusiasm...."

Brenda Barron
Running Room, Whitby, ON

"Thank you so much for your time here yesterday. I was speaking with a few of the residents and staff afterwards. They really appreciated the opportunity to hear your presentation. They were also really pleased to have the opportunity to continue learning! I think your presentation did a lot of good here in the Home. Thank you!"

Cara Maltby
Resident Support Services Manager
The WynField, Oshawa, ON

1. <http://www.lambtonhealth.on.ca/workplace/Employer.asp>

2. Workplace Safety and Insurance Board website: <http://www.wsib.on.ca>