

## Health Awareness Programs

### Workshops

- Low Back Pain-** The Causes and the Cures
- Staying Fit While you Sit**
- Fibromyalgia-** Major Causes and Solutions
- Carpal Tunnel-** The Causes and the Cures
- Understanding Trigger Points and Hands-On Instruction**
- Peak Performance Workshop**
- Preventing On-The-Job Injuries-** Solutions to Musculoskeletal Disorders
- Stress-** The Causes and the Cures
- Headaches-** The Causes and the Cures
- Arthritis-** Prevention and Management
- Back Pain Safety**
- 5 Secrets to Permanent Weight Loss**
- Attention Deficit Disorder-** Hyperactivity? Learning Disabilities?
- Balancing Hormones Naturally-** Healthy Solutions to PMS and Menopause
- Stretch Your Way To Health**
- Healthy Lifestyle-** Five Secrets to Optimum Health

### Screenings

- Trigger Point Massage-** Evaluation and treatment for muscle tension and stress
- Postural and Stress Evaluation-** Spinal Analysis Machine (SAM) is used to determine abnormalities
- Health Conditional Check-Up-** Blood Pressure, Body Fat, and Posture

#### How to set up a workshop or screening:

Fax: (614) 475-2993 Please fill out this form and fax it back (Attn: Marketing)

Call: (614) 475-2992 and ask to speak with the Marketing Director.

#### Response:

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

Contact Person: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Best time to be Reached: \_\_\_\_\_