

*"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."*

Thomas A. Edison

## 30 Minutes to Wellness

Have you considered implementing or strengthening your wellness program lately? Team Chiropractic GTA centre professionals are available to bring the same level of purpose to your workplace that they bring to their community wellness centre every day.

Recent Canadian studies demonstrate the extended benefits of the expertise of a Chiropractic health professional in the area of work and life balance. With neuromusculoskeletal disorders and repetitive strain injuries as some of the leading causes of absenteeism, raised claims and lowered productivity, all our workshops are uniquely designed around the powerful benefits of building a healthier spine and nervous system for for both improved work and life.

### **2004 Workshop List includes:**

**Fit for Life - Body for Life**  
**Blast Stress – Increase Your Energy by 300%**  
**Arthritis Discovery Workshop**  
**Race against Dangerous Drugs**  
**Spring into Longevity**  
**Power Stretching and Ergonomics**  
**Women's Wellness**  
**The Healthy Man**  
**Basic and Advanced Power Nutrition**  
**Sitting on the Job "How to Stay Fit While You Sit"**  
**Reduce Computer Stress and Repetitive Strain Injury**  
**Standing on the Job "Your Back to the Future"**  
**Secrets to 10X More Daily Energy**  
**The Optimal Birth Experience**  
**How to Raise a Wellness Family**  
**Health Quest - 5 SECRETS to Optimal Health**  
**Kids Need Chiropractic Too**  
**Asthma, Allergies and Immune Boosting**  
**Freedom from Headaches and Stress**  
**The Truth about Vaccinations**  
**Carpal Tunnel Syndrome - The Future is in Your Hands**  
**Biomechanics at Work: for Health and Safety**  
**Spinal Health Care - Neck and Low Back Safety**  
**Boost, Balance and Protect Your Immunity**  
**The Mind/Body link: "EQ"uip your Health**  
**Protecting Yourself from Heart Disease**  
**Optimizing Your Health After 50**

To schedule a Chiropractic professional for your next workshop: e-mail your request including preferred days and times to:  
[exec@teamchiropracticgta.com](mailto:exec@teamchiropracticgta.com)