

The Lunch and Learn Wellness Workshop Series:

## **“Carpal Tunnel Syndrome: A Multi-Faceted Approach”**

Carpal Tunnel Syndrome has become prevalent in the past 15 years. No wonder, as more and more of our work requires repetitive motion. Whether you spend long hours using a keyboard/mouse, a handtool or knitting needles, you are at risk of developing Carpal Tunnel Syndrome. It can be painful, debilitating and downright annoying.

What you will learn at this workshop:

- Did you know that Carpal Tunnel Syndrome is often misdiagnosed?  
I'll explain.
- The best sleep positions to avoid Carpal Tunnel Problems(and the worst!).
- The best exercise to prevent and reduce Carpal Tunnel Syndrome.
- Why do so many people have failed Carpal Tunnel Syndrome surgery? I have that covered.
- A few simple changes to your workstation/computer can dramatically reduce your Carpal Tunnel symptoms. I'll show you that too.
- Have you been involved in a car accident? Carpal Tunnel problems can develop years after a car accident. If that is your case, I'll tell you what to do.
- And much more.

The workshop is ½ hour long and done on your lunch time. It is hands-on...limited to the first 6 people who sign-up. You will leave with information that can immediately help help you decrease the frequency and intensity of your Carpal Tunnel symptoms. I will serve you a tasty and nutritious lunch too! And we will raffle off prizes(movies theatre tickets, massages, etc.).

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

To Sign up: \_\_\_\_\_

Guest Speaker: Dr. Joseph M. Casalino IV, D.C.  
Corporate Wellness Consultant

LUNCH WILL BE PROVIDED