

The Lunch and Learn Wellness Workshop Series:

“Natural Approaches to the Treatment of HEADACHES Workshop”

Nothing can ruin a day faster than a headache. No matter how much you try to ignore it...it's right there...in your HEAD! Headaches can cause us to lose our patience easily, interfere with our concentration and cause us to not be ourselves. Headaches can rob us of our enjoyment in life.

What you will learn at this workshop:

- There are only 3 causes to headaches. Come and find out.
- You need to match the treatment to the cause. Many people do not...worst, many doctors do not either. I'll explain.
- The best sleep positions to avoid headaches (and also the worst!).
- A simple pressure point technique you can use to really take the edge off your headache.
- How your feet may be causing your headaches and what to do about it.
- A few simple changes to your workstation/computer and even your car seat position can dramatically reduce your headaches. I will show you that too.
- 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 your headache frequency and intensity. 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