

The Lunch and Learn Wellness Workshop Series:

“Natural Approaches to the Prevention and Treatment of BACK PAIN Workshop”

Over 80 million Americans suffer from back pain. Back Pain can really affect the quality of our life...it can decrease your activity level, cause poor sleep, interfere with your exercise or recreation, and just be downright annoying. People with back pain lose the quality of their life.

What you will learn at this workshop:

- The best sleep positions to avoid back pain (and also the worst!).
- A simple pressure point technique you can use to really take the edge off your back pain.
- When do you use ice and when do you use heat. Make the wrong choice and the problem will worsen over time!
- The best back exercises. I have that covered too.
- How your feet may be causing your back pain and what to do about it.
- A few simple changes to your workstation/computer and even your car seat position can dramatically reduce your back pain. I will show you that too.
- When and how to use a back support belt.
- 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 you decrease your back pain and increase your activity level. 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