

# Community Outreach Workshops

## *Creating Vibrant Health Through Education*

### **Handling Stress Before It Handles You!**

The vast majority of health problems are either caused or aggravated by stress. You will learn what the most common stress related ailments are and what you can do to prevent them. Stress can be physical, mental or chemical, and the symptoms can affect anyone. Learn the necessary skills to ward off the damaging effects of stress.

### **Nutrition For Vibrant Health**

Learn to increase energy, slow the aging process, and boost health and immunity through proper nutrition. Learn to eat smart and get educated about what dietary supplements your body needs. Also learn the key to losing and keeping weight off the natural way.

### **Stay Fit While You Sit**

This is a survival workshop for people who spend a good part of the day sitting at work and using a computer. Doing so creates significant physical tension that can damage your health. Learn about work station set-up, proper posture and ergonomics, and simple exercises to alleviate the stress of sitting on the job.

### **Peak Performance: The Six Facets of Health**

Wouldn't it be great to wake up in the morning feeling motivated and full of energy, excited to tackle all the day has to offer? Stretching & exercise, good posture, proper nutrition, restful sleep, a positive attitude and a balanced spine are the key components to staying healthy & feeling great.

### **Back Safety and Injury Prevention: Secrets to a Healthy Back**

Whether from lifting, sitting, or repetitive stress from the use of computers, work related injuries create significant lost productivity for the employer and the injured worker alike. Learn how you can prevent back injuries, repetitive stress, and carpal tunnel syndrome. Learn simple and practical methods of preventing and alleviating these problems without drugs and surgery.

### **Food Allergies...**

This class will cover the topic of food allergies. Discover what they are, how they operate in the body, how to eliminate them, and the relationship between behavior and food. Witness a live demonstration of the use of applied kinesiology (non-invasive testing) in determining food allergies!

### **Raising Healthy Children**

This workshop looks at many health challenges facing children and explores natural solutions to these problems. Subjects addressed include: ADD/ADHD, ear infections, colic bedwetting, scoliosis, natural immunity, and weight loss. Learn the necessary skills to grow healthy children so that they do not become damaged adults.

### **Natural Solutions to Women's Health Issues!**

An informative discussion on the many safe and natural alternatives to women's health issues. Topics include: Menopause, Osteoporosis, PMS and more! Discover what you can do to help yourself become more informed on this very important topic!

### **And MANY more!!**

### **Health By Design: Custom Workshops For Your Group**

We can also tailor a workshop just for your organization which combines elements of our standard workshops or moves into areas of interest unique to your group. Examples would be: Women's Health Issues, Injury Prevention in Athletes, Pressure Point Therapy for Pain Control, etc. Just let us know the needs of your group and we can deliver the education to fill that need.



3400 West 66th Street, Suite 128, Edina, MN 55435, (952) 835-6750

[www.chirohealthwellness.com](http://www.chirohealthwellness.com)