
Ergonomic Correction and Natural Health Solutions Workshops

1. Stay Fit While You Sit

- how serious injury can occur even while you're sitting
 - the do's and don'ts of preventing while collar injuries
 - non-surgical approaches that are effective in relieving pain
 - how to integrate pain relieving stretching exercises into a daily routine without having to set precious time aside.
- Stretching guide available.

2. How to Increase Your Energy and Decrease Your Stress

Informative, practical workshop to give you things you can do at work and home to greatly improve your health.

This informative lecture allows the participant to discover how stress affects the body and simple techniques to reduce the negative effects of stress. Also learn to locate and release specific and painful stress points from your body. Workbook available.

3. How to Prevent On-the-Job Injuries with Ergonomics Solutions to Musculoskeletal Disorders (MSDs)

This seminar specifically addresses OSHA requirements. Participants will learn how to optimize workstations and repetitive tasks for increased comfort and endurance. Learn techniques to reduce the effects of MSDs and how to prevent them. Certificates of completion are available for participants attending this OSHA certified ergonomic program. Workbook available.

4. Reduce Pain with Repetitive Strain Injury Self-Correction

This program includes pain relieving alignment stretches and corrective exercises for the wrist, elbow, shoulder, neck, lower back, knee and ankle. Self-adjustment exercise instructional booklet available.

5. Peak Performance Workshop

Learn and understand winning techniques that help eliminate fatigue, improve performance and reduce risk of injury. Topics include:

- Learn your body's needs for optimal performance
- Minimize strain and stress
- Tips on increasing energy
- Preventing fatigue