

EMPLOYEE LUNCH & LEARN: HOW TO MAXIMIZE YOUR ENERGY, AND MINIMIZE STRESS AT WORK

PICK ONE – OR ALL 4 EVENTS!

1 - ROAD TO WELLNESS:

How to be happier, healthier and more productive in challenging environments.

2 - OFFICE ERGONOMIC WORKSHOP:

Powerful strategies to prevent Musculo Skeletal Disorders (MSD's).

3 - UNDERSTANDING HEALTH:

Simple steps you can take immediately to begin feeling young, vibrant and healthy!

4 - THE 4 PRINCIPLES OF HEALTH:

Learn the process of where health comes from, how to get it, keep it *and* teach it to others.



Jerry Dreessen, D.C., CCSP, is a leading expert on health and wellness. In addition to practicing in the greater Puget Sound area, he writes and speaks regularly to help business people make positive changes in their life. His entertaining presentations are filled with exciting easy to use strategies.

“Thank you for your help with our Employee Wellness Program.”

Nancy Nowlin, AON Consulting, Employee Benefits Consulting Group

“Dr. Dreessen, thank you...our staff really benefitted from your presentations”

Teresa Smith, NW Federal Credit Union



To schedule an event or for additional information call

425-670-2600

www.backtoaction.com