



AMERIHEALTH

Chiropractic

Health Awareness Programs For Your Workplace

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Workshops- 45 min to 1 Hour

- Healthy Lifestyle-** Five Secrets to Optimum Health
- Health and Stress-** The Causes and the Cures
- Living the Balanced Life-** How to manage your work time, family, and fitness
- Understanding Trigger Point-** Hands On Instruction
- Low Back Pain-** The Causes and the Cures
- Fibromyalgia-** Major Causes and Solutions
- New Solutions to Eliminate Pain**
- Stretch Your Way to Health**
- Natural Solutions to Allergy Problems**
- Preventing On-The-Job Injuries-** Solutions to Musculoskeletal Disorders
- Balancing Hormones Naturally-** Healthy Solutions to PMS and Menopause
- 5 Secrets to Permanent Weight Loss**
- Natural Solutions to Digestive Problems**
- Children and Chiropractic**
- Headaches**
- Arthritis-** Prevention and Management
- Peak Performance Workshop**
- Attention Deficit Disorder-** Hyperactivity and Learning Disabilities?

Screenings

- Postural and Stress Evaluation-** Spinal Analysis Machine (SAM).
- Trigger Point Massage-** Evaluation and treatment for muscle tension and stress
- Physical Health Check-Up-** Blood Pressure, Body Fat, Flexibility and Posture

How to set up a workshop or screening:

Call: (614) 781-3139 Ask to speak with the Marketing Coordinator.

Fax: (614) 781-7816 Please fill out this form and fax it back

Email: amerihealth@dr4health.com Subject Line put :**Workshop Request**

Your Contact Information:

Your Name: _____

Company Name: _____

Contact Person: _____

Email: _____

Phone Number: _____ Best time to be Reached: _____