



HEALTH IN THE WORKPLACE

A special lunch time seminar
offered to your office by Whole
Life Chiropractic.

*"One of my favorite parts of being a doctor is educating
people on how to live healthy, happy, and productive lives."*



Top 3 Lunch & Learns

1. 5 Steps to Destress at Work
2. Eat Well to Live Well
3. 7 Steps to Peak Energy

We can also tailor a presentation to meet your office's current needs.

Ask us about our Relaxation/Information option also.





WHY TAKE THE TIME

In today's economy, would you like to increase your employees productivity while also improving their health and happiness. A Lunch and Learn program, specifically targetted to health and wellness is a wonderful opportunity to let your employees know how important they are to your organization. The less formal structure of the Lunch and Learn allows employees to relax and participate in their learning.

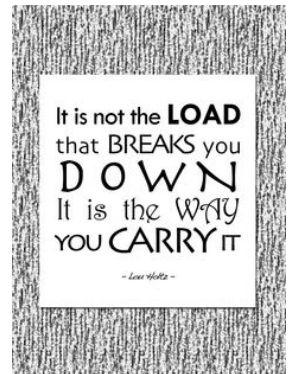
Dr. Nicole Murphy has been working with families to improve their health and wellbeing since 2005. Whole Life Chiropractic's mission today is to expand that focus to the workplace.

A sample of our Topics are listed below but we can always customize to your wellness needs. Be sure to ask us about our **Relaxation - Information Lunch and Learn**. This is a great gift to your employees.

So you provide the space and the employees and *Whole Life Chiropractic* will provide the lunch and all the learning. We will call you within a week to see what day and what Lunch and Learn would work best for your office or you can call Denice at 913-548-5151 to get scheduled today.

5 Steps to DeStressing at Work

During this 20 minute talk, Dr. Nicole will share proven methods to DeStress at work which will make the day more productive. As the saying goes, "It is not the Load that breaks you down. It is the way you carry it." Stress changes how we carry our load. By implementing a few minor changes into your work day, you can have more productive employees but more important, you can have happy and healthy employees. It might not be realistic to think you can create a totally Stress-Free work environment but targeting and reducing the stressors that you can control will have a a beneficial impact on everyone.



Eat Well to Live Well



This 20 minute talk will focus on a Pyramid of Change. Dr. Nicole will find out where people are at on the pyramid and share with them how to work their way to the top, making small changes as they go. So many people fail at diets because they turn the light switch from off to on overnight and they don't learn how to make the light stay on forever. Did you know that food can cause skin irritations, inflammation or other health problems. During this discussion, Dr. Nicole will also explain what the Elimination Diet is and how you can use it to figure out what foods are causing you problems.

7 Steps to Energy

It might be obvious that getting enough sleep at night will lead to more energy during the day, but did you know what allowing yourself down time during the day will also give you more energy. During this 20 minute talk, Dr. Nicole will teach employees 7 simple steps that they can do to increase their energy. Energy in an office can be contagious and employees who have energy are happier, healthy and more productive.

