

CORPORATE WELLNESS OFFERINGS
BACKBONE WELLNESS INSTITUTE, LLC
DR. CLINTON J. GARDA

10 MINUTE HEALTH TIPS

THIS PROGRAM ALLOWS OUR PHYSICIANS TO FUNCTION AS AN ADD-SERVICE IN LARGE MEETING SETTINGS. THESE QUICK, INFORMATIONAL TIPS CAN INSPIRE AND MOTIVATE EMPLOYEES TO BE MORE PROACTIVE IN THEIR HEALTH.

BLOOD PRESSURE SCREENINGS

HIGH BLOOD PRESSURE USUALLY HAS NO SYMPTOMS – BUT IT CAN INCREASE YOUR RISK OF HEART ATTACK, STROKE, HEART FAILURE AND KIDNEY FAILURE. WHETHER YOU KNOW YOU HAVE HIGH BLOOD PRESSURE OR NOT, REGULAR SCREENINGS ARE IMPORTANT TO MAKE SURE IT'S UNDER CONTROL. TRUST THE DOCTOR AT BACKBONE WELLNESS INSTITUTE TO GIVE YOU ACCURATE RESULTS.

DOCTOR CONSULTATION AND POSTURE ANALYSIS

POSTURE IS THE WINDOW TO YOUR SPINE AND LETS US KNOW THE EFFECTS OF GRAVITY UPON THE SPINE WITHOUT TAKING X-RAYS. BY STUDYING THE EFFECTS OF GRAVITY ON POSTURE, WE CAN FIND SEVERAL INDICATORS THAT MAY BE INFLUENCING A PERSON'S OVERALL HEALTH. THESE SCREENINGS ARE PERFORMED BY OUR CHIROPRACTOR AND ARE INFORMATIVE AND QUICK. SCREENINGS CAN BE HELD ON A LUNCH HOUR OR SCHEDULED IN 10 MINUTE BLOCKS. THESE ARE FAST, FUN AND FULL OF INFORMATION.

WELLNESS WORKSHOPS

THESE 20 - 60 MINUTE PRESENTATIONS ARE ENTERTAINING, INFORMATIVE AND CAN INSPIRE AND MOTIVATE EMPLOYEES TO BE MORE PROACTIVE IN THEIR HEALTH. WE HAVE SUCCESSFULLY IMPLEMENTED THESE WORKSHOPS DURING LUNCH HOURS, STAFF MEETINGS AND IN-SERVICE DAYS. WELLNESS COORDINATORS CAN CHOOSE FROM A LIST OF TOPICS THAT WILL MOST BENEFIT THEIR STAFF.

TOPICS:

1. WOMEN'S HEALTH

FIND OUT THE MOST UP TO DATE RESEARCH ON WOMEN'S HEALTH. DURING THIS WORKSHOP LEARN HOW TO IMPROVE LONGEVITY AND IMPROVE GENDER SPECIFIC TOPICS LIKE THYROID PROBLEMS. OUR PHYSICIANS WILL SHOW YOU NATURAL WAYS TO AVOID HIP FRACTURES AND OSTEOPOROSIS, AND ALL NATURAL ANTI-AGING REMEDIES TO USE IN YOUR DAILY ROUTINE. OUR GIFT AT THIS INFORMATION SESSION WILL BE TECHNIQUES TO HELP YOU LOOK AND FEEL YOUNGER!

2. HEADACHES

OUR PHYSICIANS ARE KNOWN AS HEADACHE SPECIALISTS AND ENJOY TEACHING PEOPLE HOW THEY CAN AVOID HAVING TERRIBLE HEADACHES IN A MEDICINE-FREE ENVIRONMENT INSTEAD OF TRYING TO COPE WITH THE WEAR AND TEAR THEY PUT ON YOUR BODY. EVEN ONE HEADACHE A MONTH WILL EQUATE TO ALMOST TWO WEEKS OF YOUR LIFE EVERY YEAR BEING LIVED IN UNNECESSARY PAIN. WE HAVE THE SOLUTION TO 90% OF ALL HEADACHES! WE WILL DECODE YOUR HEADACHES, CLASSIFY THEM, AND SHOW HOME REMEDIES YOU CAN IMPLEMENT RIGHT AWAY!

3. STRESS

STRESS IS ALSO KNOWN AS THE "SILENT KILLER" AND IS THE NUMBER ONE TRIGGER TO HEART ATTACKS. HEART ATTACKS KILL MORE AMERICANS IN THE UNITED STATES THAN ANY OTHER DISEASE. LEARN HOW TO AVOID THE INITIAL START TO A HEART ATTACK AND HEART DISEASE OVERALL WITH THIS ALL IMPORTANT LECTURE.

4. NUTRITION / WEIGHT LOSS AND EATING FOR MAXIMUM PERFORMANCE

THIS WORKSHOP EXPLAINS THE PROPER METHODS OF COMBINING APPROPRIATE FOOD GROUPS FOR OPTIMUM DIGESTION, MAXIMUM ENERGY AND ALSO, IF SENSIBLY APPLIED, WILL RESULT IN WEIGHT LOSS FOR THOSE THAT NEED TO SHED SOME EXTRA POUNDS. OUR PHYSICIANS WILL ALSO UNCOVER THE SECRETS TO FUELING YOUR IMMUNE SYSTEM AND EATING TO DECREASE YOUR RISK OF CANCER! THIS IS A RARE LECTURE IN THAT WE WILL ACTUALLY TEACH YOU HOW NOT TO BECOME A PATIENT OF ANY DOCTOR.

5. HEALTHY LIVING TO 100

YOU CAN LEARN HOW PEOPLE ARE LIVING LONGER AND WITH A BETTER QUALITY OF LIFE. DURING THIS WORKSHOP OUR PHYSICIANS CAN APPLY THE TECHNIQUES USED WITH ATHLETES ON IMPROVING QUALITY OF LIFE AND CAN THEN APPLY THEM TO THE "CORPORATE ATHLETE," LIKE YOU! LEARN HOW TO LIVE WITHOUT ANY LIMITS. "LIVE LIKE YOU MEAN IT!" THIS IS OUR PHYSICIANS FAVORITE WORKSHOP.