

Workstation Wellness Programs

YOUR HEALTH IS IN GOOD HANDS

Below is a sample of the power point presentations offered. Customized programs for your company are also available for a nominal fee.

Stress Management

The focus is on the typical pressures associated with daily life and its effect on the workplace. Learn to identify and control both the sources and effects of stress.

The Four Stress Areas:

- Emotional – Stresses at home and in the workplace
- Physical – Postural, Activities of Daily Living
- Chemical – Nutrition, tobacco, pollution
- Neurological – Environmental perception and action

Stay Fit While You Sit

For employees spending most of their time in front of a computer, on the telephone, sitting or standing stationary for extended periods of time:

- Overview of Postural Stress & Basic Neuroanatomy
- Preventive Workstation Action Steps
- Specific Exercises for Work & Home

Stress Free Workshop

- A short stress survey is filled out to identify risk factors and common stressors
- The **best part** a Five to Ten minute trigger point massage given by our therapist