

Hardison Family Chiropractic & Wellness

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Dear professional,

Do you spend a majority of your work day sitting at your computer? Do you notice pain and stiffness in your neck, shoulders, and/or back from sitting at your desk for long periods of time?

We would like to join you for a Lunch and Learn, where Dr. Hardison will provide a healthy lunch and discuss these topics and more with you and your employees.

As part of the *Ergonomics in the Workplace* workshop, Dr. Hardison will discuss tips for alleviating any discomfort you may have due to the aforementioned conditions. Mini massages will also be provided.

We are currently scheduling Lunch and Learn sessions for our summer and fall calendar, and would like to include your business.

Please keep in mind this workshop is free and open to all of your employees. However, seats are limited, so registering in advance is encouraged.

To schedule your Lunch and Learn, or for any questions you may have, contact Dr. Hardison via email or telephone. Please review the information below regarding the workshop, and let us know how many employees wish to attend.

Sincerely,

Todd Hardison, DC

ERGONOMICS IN THE WORKPLACE

This workshop focuses on proper sitting, ideal workstation set-up and prevention of injuries in the workplace. Accumulative trauma disorders are discussed along with

solutions for relieving stress of repetitive injuries. Dr. Hardison will discuss ways to stay healthy and feel great even though you have a job that requires you to be at your desk much of your work day.

Again, this workshop is free and open to all employees. Be sure to include in your response how many employees wish to attend.