

# Kuzma Chiropractic Seminar Topics

## Kuzma Chiropractic Lecture Series

Qualified doctors from Kuzma Chiropractic are available to speak to your group or organization on the following important topic:

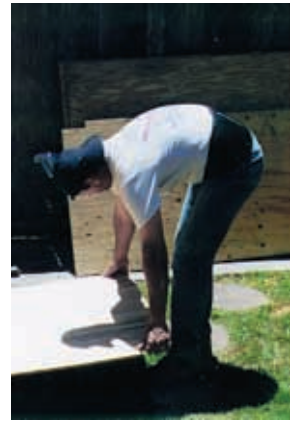
### BACK SENSE!

At Kuzma Chiropractic, we understand that one of the best ways to help others is to teach them how to help themselves. Qualified doctors from Kuzma Chiropractic are available to speak to your group or organization on how to have happier, healthier workers with better "Back Sense."



### LEARN...

Why injuries occur...  
Contributing Factors of Lower back pain...  
Common causes for injuries...  
Prevention through early detection of weaknesses AND good body management...

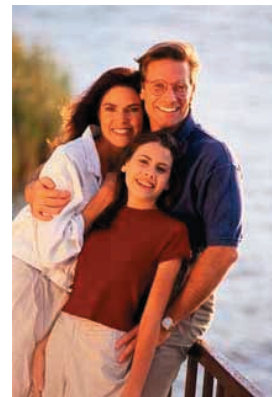


### AN EPIDEMIC?

- Of the 1.8 million disabilities that occur each year, 23% are back injuries.
- Common back pain causes more people to miss work than any other ailment.
- 80% of Back Pain can be traced to muscle strain and poor back habits.
- Less than 5% of all back injuries can be traced to a single casual event.
- 95% of all back injuries are the result of cumulative damage over a long period of time.

### RESULTS... IT ALL STARTS WITH EDUCATION!

EVERYBODY benefits from happier, healthier workers. Over the past several years studies have shown that employees are not the only ones to benefit through better health. Companies do too. In fact, one study showed a 40% reduction in health care costs in employees who sat in on a single spinal care lecture compared to those from the same company who did not. This is your call to action. Being educated on healthy work habits CAN make a difference.



### FOR MORE INFORMATION, CONTACT

Dr. Tom Kuzma

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*It's Your Future, Be There Healthy!*

# Kuzma Chiropractic Seminar Topics

At Kuzma Chiropractic, we understand that one of the best ways to help others is to **TEACH** them how to help themselves. Qualified doctors from Kuzma Chiropractic are available to speak to your group or organization on the following topics:

## FIBROMYALGIA

How do you help someone when everywhere you touch... they hurt? Fibromyalgia is the second most common rheumatic disease suffered by Americans, second only to Osteoarthritis. Sadly, many are told to "just live with it" and yet natural, holistic, conservative care is available to reduce or eliminate the pains associated with this disease. If everywhere you touch... it hurts, this seminar is for you.

## TEN WAYS TO MAXIMIZE YOUR GAME!

What do you want from your game? To hit it farther... straighter... with greater accuracy? This seminar will teach you TEN traits common to all champion golfers. (Hint... it DOESN'T have to do with better equipment!)

## HOW TO RAISE A HEALTHY CHILD

There is little more precious than a happy, healthy baby. But healthy babies don't happen by chance. Learn the important keys to raising a happy, healthy infant as well as the "4 Cornerstones" to your own health that will help you do it.

## INDUSTRIAL EXCELLENCE

The basic Principles for Success are the same in business as they are in athletics. Good business teams have common GOALS; a high level of mutual TRUST; open, honest COMMUNICATION; and are COMFORTABLE with each other... win or lose. This seminar will help you begin to create the foundation to help produce happy, healthy employees.



## IT'S YOUR FUTURE, BE THERE HEALTHY!

The primary job of any doctor should be to teach their patients how to help themselves. During this fun-filled workshop you will learn about: Proper Exercise, Good Posture, Good Nutrition, Positive Mental Attitude and how Good Spinal Hygiene enhances your health.



## PERFORMANCE!

Achievers are willing to pay the price of achievement. To get more out of life... you need to put more INTO life. This presentation focuses on a study that has shown huge success in athletic performance through enhanced human biomechanics, structure and function. Overcoming the physical, mental and emotional negative is the price of achievement... the price of GREATNESS!

## SIT RIGHT FOR YOUR TYPE

The purpose of this presentation is to help sedentary workers increase their productivity by minimizing the causes of physical injury due to poor posture, environmental conditions and stress. The program focuses on the little details that make a BIG difference in personal comfort and health.

## GETTING A GRIP ON STRESS!

A Japanese proverb states, "Every little yielding to anxiety is a step away from the natural heart of man". Stress is the number one cause of disease and sickness in this world. Headaches, fatigue, body aches and pains are just a few of the primary symptoms associated with STRESS. During this presentation you will learn a 5-Step Plan to make stress work for you... instead of against you.

## CUSTOM LECTURE WORKSHOPS

Other topics can be tailored for your company or group. Please call Kuzma Chiropractic to discuss your requirements.



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