

Book your free **LUNCH & LEARN** &

LISTEN TO WHAT OTHERS ARE TALKING ABOUT

"I found the sessions extremely interesting and well presented. He certainly is very knowledgeable."

"Thank you for allowing me to attend the program. It was educational."

"The session was very informative. Dr Roach's presentation techniques were effective. I will definitely be in attendance at the next session. Thanks Dr R."

"I enjoyed yesterday's presentation. Very useful information that we can use on a daily basis."

"He was a dynamic presenter and had good info."

"I enjoyed the session. Dr. Roach is a good speaker. He is informative and funny. He is able to keep your attention and is easy to listen to. Free subs were good too!"

"Enjoyable. Feel it's positive reminder to us."

"Thank you for your wellness presentation to our staff on "Healthy Living to 100".

You provided inspiration to many on how each of us can begin to further align ourselves by adopting and enjoying healthy lifestyle changes that can open the door to securing a better quality of life."

HEALTH SCREENING

We'd like to introduce you to HRM's 1st complimentary "Employee Health" programs. Most people are totally unaware that the meaning of doctor is "teacher". Our purpose therefore, is to provide quality health education to your employees by offering two outstanding company health programs. Your **FREE** "Employee Health Program" is only a checkmark away! Introducing our complimentary "**Lunch & Learn**" & "**Health Screening**" program. You can easily help your employees gain dynamic energy by providing them with one of these informative workshops.

LUNCH AND LEARN LECTURES ~ Lunch provided!

You can easily help your employees gain dynamic energy by providing them with one of these informative workshops:

- *Healthy Living to 100*
- *Eat This and That*
- *Stress*
- *Headaches*
- *Women's Issues*

HEALTH SCREENING

Our health screening allows people to get an accurate reading of the amount of stress on their nervous system. Our space certified technology is mobile and can be brought to your workplace. This is a great tool to identify irritated nerves and the potential cause of pain and symptoms. This technology allows for a quick and precise health screening that is pain free, safe and informative!

Centre
CHIROPATIQUE
ROACH
CHIROPRACTIC inc.



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