

Book your free LUNCH & LEARN &

"I had been thinking about putting on a series of monthly talks about sleep and health and approached Dr Clayton Roach to take part in this and his immediate enthusiasm and passion for what he does was obvious and very encouraging right from the start.

Dr Roach put together an interesting and very informative presentation that he tweaked to cover the benefits of good sleep and how it affects your health. He was well prepared and I was particularly impressed with how he engaged the audience as he was speaking and used questions to keep people focused and to make sure people understood. He personalised the presentation by getting examples from the audience.

I would recommend Dr Clayton Roach as a presenter. He has a professional yet relaxed manner, speaks very well and builds rapport with his audience. He was able to prepare a very appropriate presentation on my choice of topic and I truly believe everyone came away with some new information and some good, practical ideas on how to improve their own health, sleep and therefore lifestyle."

*Jordanna Caine, President
Simmons Mattress Gallery*

HEALTH SCREENING

Yes, I would like Clayton Roach to present a complimentary "Lunch & Learn" and/or "Health Screening."

LUNCH&LEARN and/or HEALTH SCREENING

YOUR NAME

COMPANY/ORGANIZATION

ADDRESS

PHONE NUMBER

EMAIL

Limited to 12 Health Screenings and 26 Lunch & Learns per year!

THESE WILL BOOK UP FAST, CALL TODAY!

Listed Below are a few of the host companies who have benefited from our services.

Belmont Financial
Grand and Toy
Healthy Living to 100
Admiral Insurance
Nova Scotia Dept. of Community Services
Families and Children ~ Service Canada
Upper Hammonds Plains Community
Simmons Mattress Gallery
RBC Dominion Securities
Royal LePage Atlantic
Clearwater
Wellness Expo
Centre Senior's Group
T.O.P.S
Corrections Canada

Centre
CHIROPATIQUE
ROACH
CHIROPRACTIC inc.



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