

Your health affects everything you do  
and everyone you know.



# YOUR SOLUTION TO EMPLOYEE WELLNESS

## WHY AN EMPLOYEE WELLNESS PROGRAM?

Americans spend more daytime hours at work than anywhere else. At the same time, employee health care costs continue to spiral upward.

We know, however, that prevention through health education dramatically reduces corporate health care costs. With our wellness initiatives, Dr. Regan Jung can help your organization step up employee productivity and reduce costs.

## OUR SERVICES

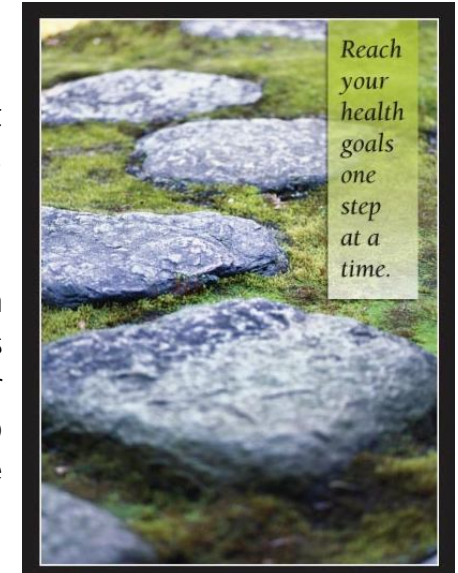
Our programs are custom designed to meet your company's needs. We offer 3 service options for your company to achieve its goals: 1) doctors to present wellness seminars, 2) set up a company health fair, and/or 3) employee spinal screenings by email appointment. No matter how small or large your company, an employee wellness program is time well spent.

## SEMINARS

- Women's Health
- 12 Steps to Wellness
- Weight Management
- Nutrition 101
- Detoxify your Body for Life
- Allopathy vs. Wellness – Paradigm Shift
- Food as Medicine
- Stress Management
- Chronic Disease Prevention
- Heart Smart

## WELLNESS BOOSTS

- Monthly Newsletters
- Bio-structural Exams
- Surface Electromyography
- Spinal Screenings



Reach  
your  
health  
goals  
one  
step  
at a  
time.

Employers spend millions of dollars every year on their workers. Prevention through health education can dramatically reduce corporate health care costs.

We offer wellness seminars, company health fairs, and spinal screenings to you and your employees FREE of charge.

*Changing Health*

*Changing Beliefs*

*Changing Lives*

## CONTACT US

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## BENEFITS TO EMPLOYEES

- Reduced health problems
- Improved morale
- Diminished stress
- Increased productivity
- Increased energy levels
- Improved overall health

## BENEFITS TO EMPLOYERS

- Reduce absenteeism & lost productivity
- Create a positive investment return
- Reduce health care costs & Workers Compensation
- Improve efficiency
- Create team unity

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