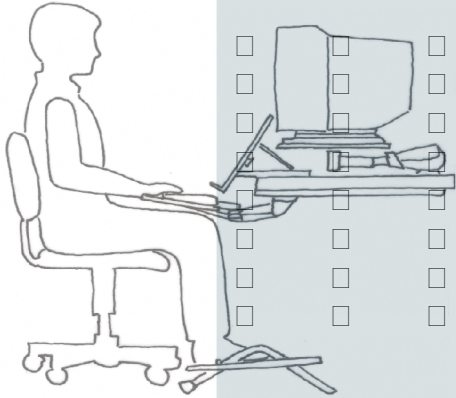


# ***Ergonomics in the Workplace: A Guide to a Healthier Life***

*This lively 40-minute presentation will - literally - cause your employees to sit up and pay attention to the everyday hazards in the workplace and at home that threaten their good health. Dr. Fimreite will give dozens of practical tips to easily prevent and alleviate pain - often through simple adjustments to the employee's workstation and to other areas of their lives.*

## ***Here are some of the topics covered:***



- \* Keys to healthy posture in the workplace -
  - including how to configure your workstation
- \* Proper chair and computer positioning
- \* Protecting your spine from everyday threats:
  - backpacks, phones, even your wallet!
- \* Repetitive stress injuries - prevention and treatment
- \* Improving postural health -
  - exercises and treatment options

## ***Hear what others have to say...***

*Dr. Fimreite took the time to learn about our audience before the presentation date and tailored his slides toward our typical work environment.*

*His talk was very informative...he answered questions from our employees, and left us with handouts that highlighted good habits for computer-oriented workers.*

*Almost a year later, more than 50% of the cubicles in our headquarters office have his handout "The Ergonomically Positioned Workstation" posted on the wall somewhere!*

*■■■■■■■ - Diane ãnielli, ObjectWave Corporation*

## ***About Dr. Fimreite...***

*Dr. Gordon Fimreite (pronounced Fim-Right) is a state and national board-certified doctor of chiropractic and owner of Fimreite Chiropractic, of La Grange, IL.*

*He received his Doctor of Chiropractic Degree from Palmer College of Chiropractic (Davenport, Iowa), the founding college of the chiropractic profession and the first such college in the world.*

*"I've chosen to devote my life to the healing arts because I want to make a difference in people's lifestyles and health. No matter if it's physical stress from an accident, emotional tension from a family crisis, or everyday stress from the work environment. All of these factors can cause spinal imbalances and stress on our nervous system and its function."*



*For more information, visit [www.DrFimreite.com](http://www.DrFimreite.com)*