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Caring about corporate wellness



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STRESS 101: CAUSES, SYMPTOMS & COPING STRATEGIES

Marie Christine Dix (Doctor of Chiropractic) DC M.Chiro MBCA

Stress does not have a single meaning, for it can encompass any real or potential stimulus to the body or mind which is deemed noxious or unpleasant in nature. Stress falls under three categories physical, chemical or emotional and no two people react in the same way. Would you like to learn more about what causes stress, and how you can manage the effects of it and learn to cope better? We live in a world where stress is inevitable, be it from work, family, friends, health but it doesn't mean it has to make us ill or not enjoy life. Learn easy tools to recognise and help yourself today because we want you thriving not just surviving.

WELLNESS TALK

Amanda Bailey (Doctor of Chiropractic) DC M.Chiro MUCA

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life. Wellness matters! It matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It's an ongoing cycle. Therefore, it is important for everyone to achieve optimal wellness in order to reduce the risk of illness and ensure positive interactions. Amanda explores this in a way which will get you asking questions about yourself and your families' wellbeing? And what bad life-style choices do to our bodies and how to introduce change.

ERGONOMICS AND THE IMPORTANCE OF GOOD SPINAL MECHANICS

Marie Christine Dix (Doctor of Chiropractic) DC M.Chiro MBCA

Ergonomics is the study of how to improve the fit between the physical demands of the workplace and the employees who perform the work. In this talk we address posture and how the spine and nervous system work, and then move on to cover the common issues people have in sitting and standing and simple methods and techniques to correct these. We also address specific issues related to ergonomics and how to minimise the risk of these.

NUTRITION

Marie Christine Dix (Doctor of Chiropractic) DC M.Chiro MBCA

Evidence-based dietary advice which includes a review of what foods we lean towards in the west and the facts behind the impact (positive and negative) on a person's health. This talk will cover the role nutrition plays in a number of chronic illnesses from diabetes, cancer, heart disease to inflammatory arthritis's to bowel conditions. It is a myth busting talk that gives practical advice on how to make immediate improvements to you and your family's health.

THE PREGNANCY JOURNEY AND THE EFFECTS ON YOUR BODY

Marie Christine Dix (Doctor of Chiropractic) DC M.Chiro MBCA

Covering the varying changes in posture during pregnancy and how these can affect mums to be and their babies. An overview of what Chiropractic is and why it is an essential adjunct to prenatal care. Want to reduce labour times? Want to have a drug free delivery? Want to give your baby the most room possible whilst he/she is growing? Want to learn more about the importance of good spinal function for your little one and how that can help reduce the chances of colic, reflux or sleeping issues? This talk is for you! We will address a number of topics and give practical advice on how to help you during pregnancy, delivery and post-partum.

RELAX AND UNWIND MASSAGE TRIAL SESSIONS

15-30 minute sessions focusing on de-stressing the muscles and mind. Days and times tailored to your business needs.

MOVEMENT ANALYSIS / THERAPY

A detailed analysis of the body. After a joint, posture and movement assessment, we will discuss the best treatment methods to create natural, pain free and efficient bodily movement you should expect every day.

ASK THE CHIRO

15 min posture assessment to highlight areas where posture may be suffering and provide advice and solutions to help improve this.

Successful organisations that perform well understand the link between healthy, energised employees and the bottom line. Good employee health is not a nice to have, but an essential component of any successful, progressive organisation, giving any company that invests in this area a clear competitive advantage to attract and retain the best people.

Our talks are price on application, however we are happy to discount for more than 1 or another service. All other prices depend on numbers of attendees and time out of clinic, but we can build many different packages to suit all companies' needs and budgets.

If there is a particular topic or service that you are interested in that is not listed above please let us know as bespoke talks can be produced depending on requirements and we may also be able to offer differing services depending on staff availability.

Please email our clinic manager Andy Cunningham - andy@align.je for more information or call 01534 789 367 to book a talk or session today.

Corporate Clients:

