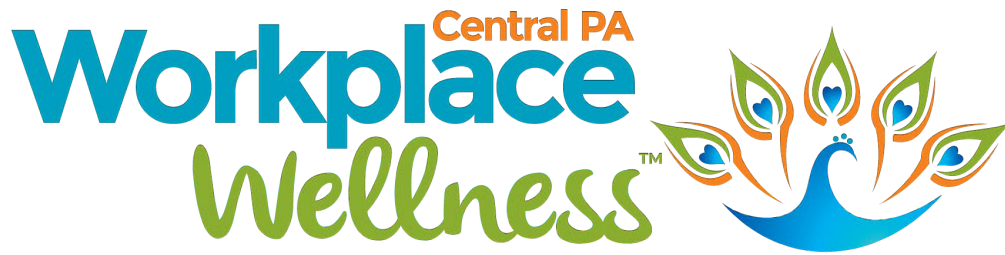


# We Provide Free Onsite Wellness Workshops for Central PA Region Employers



Central PA Workplace Wellness provides Lunch N' Learn wellness presentations to Central PA Employers at no cost. Lunch N' Learns are held at your location on the topic(s) you choose in advance while enjoying a free lunch from Subway for 40 employees. We also provide posture, spine and nerve health screenings at employee health fairs.

**Includes Free Subway Lunch for up to 40 Employees**

## ***Our Most Request Topics***

*(Please Check Preferred Topic(s) Below)*

- Increasing Productivity By Boosting Employee Health & Energy*
- Maximizing Wellness By Reducing Stress*
- Why Sitting For A Living Can Be Dangerous To Your Health*
- How Posture Predicts Your Future Health & Wellness*
- Conquering Neck, Back & Joint Pain Once & For All*
- Back & Neck Injury Prevention with Safe Lifting*
- Nutrition & Stress Reduction*

**Please email to [drkayla@myworkplacewellness.org](mailto:drkayla@myworkplacewellness.org), fax your request to (717) 534-1957 or visit [MyWorkPlaceWellness.org](http://MyWorkPlaceWellness.org) to schedule**

Your Name: \_\_\_\_\_

Email: \_\_\_\_\_

Organization: \_\_\_\_\_

Direct Phone: \_\_\_\_\_

Proposed Date(s): \_\_\_\_\_

Proposed Time: \_\_\_\_\_