

All Programs Are Provided At No Cost

All programs are sponsored by Madeira Chiropractic Wellness Center, Inc. in Hershey and are free of cost to you and your employees. These programs give our healthcare professionals an avenue to expose their professional services. For you, it is a nice way to boost morale, show you care, and provide additional benefits to your employees.




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To Schedule Your Next Wellness Event

 www.MyWorkplaceWellness.org

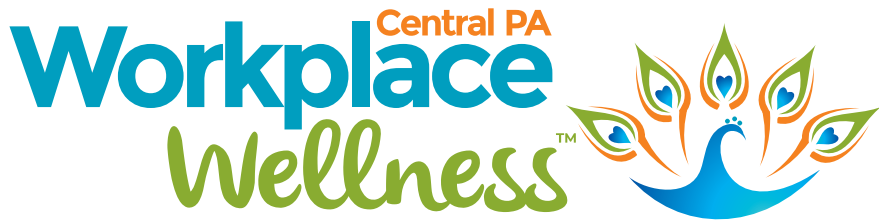
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Central Pennsylvania Workplace Wellness is committed to helping area employers improve the wellness of their workforce by providing...

Lunch N' Learn Wellness Presentations
Employee Massage Day Events
Health Fairs & Screenings



1

Lunch N' Learn Wellness Presentations

Our Lunch N' Learn Wellness Presentations are provided at no cost and include a delicious lunch for up to 40 employees.

Our Most Popular Presentations

- 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 And For All
- Back & Neck Injury Prevention With Safe Lifting
- Nutrition & Stress Reduction
- Maximizing Brain Health
- 7 Wellness Secrets That Will Change Your Life

**Create A More Positive Work Environment,
Improve Productivity, Lower Costs & Reduce Sick Time**

2

Employee Massage Day Events

Employee Massage Days are provided free of charge as a benefit for your employees and a way to show your appreciation.

We bring an ergonomic massage chair on-site for up to 3 hours. Larger companies and organizations can be accommodated by scheduling multiple dates.

3

Health Fairs & Screenings

We participate in company health fairs by providing posture, spine and nerve system screenings. Health screenings can reveal important health information and unlock the door to improved health and well-being. These are provided at no cost and help your employees engage proactively in their own health care.