



about

Health & safety lectures are a service offered by Marietta Health & Wellness Center.

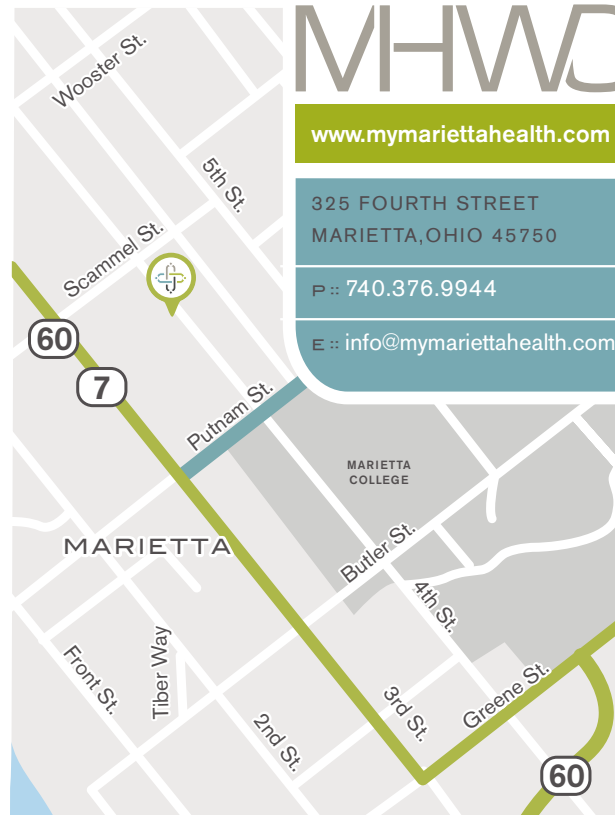
These provide the community with an understanding of health issues related to safety issues and workplace ergonomics. Lectures, which are generally done on-site, are developed to discuss the importance of stress management in the work place and the significance of maintaining proper health.

Featured services

- Work compensation risk analysis
- Stress management seminars
- Spinal/ergonomics demonstrations
- Health fair participation

Benefits of hosting a lecture

- Decrease workplace injuries
- Decrease workers compensation costs
- Increase employee productivity



MHWC

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JEFFREY R. DEXTER, DC
Clinical director

Dr. Dexter has been practicing chiropractic for more nearly 20 years. He is a graduate of Warren High School and completed undergraduate school at Ohio University in Athens, Ohio. He received a Doctorate in Chiropractic from Life College of Chiropractic in Atlanta, Georgia, in May 1991.

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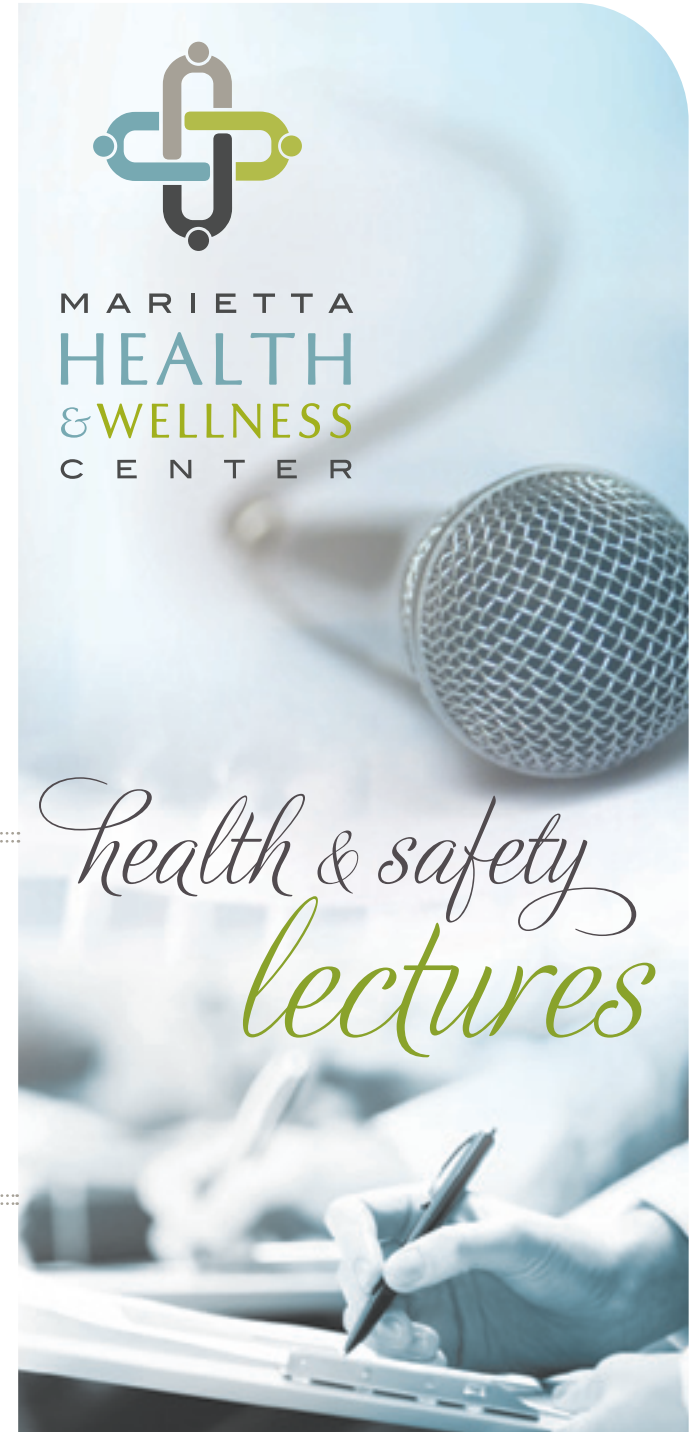


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MARIETTA
HEALTH
& WELLNESS
CENTER

*health & safety
lectures*



LECTURE TOPICS



WORKPLACE INJURY PREVENTION

We will discuss some of the most common causes of work related injuries and how to prevent them from occurring. Studies show that 80% of Americans will experience a back injury in their lifetime. Back injury is second only to upper respiratory infections as the leading cause of lost time injuries at work. These injuries cost billions of dollars each year in lost wages, workers compensation claims, and decreased productivity.

5 KEYS TO HEALTHY LIVING

This presentation will benefit virtually any employee that you may have. We will expound upon the 5 core principles in a way that will allow our audience to realize their maximum physical and mental potential. Keys include: nutrition, exercise, rest, attitude, and free nerve flow. The result is a happier, healthier employee which leads to increased productivity and decreased absenteeism.



POSTURE AND ERGONOMICS

Poor posture and ergonomics lead to cumulative trauma disorders and repetitive stress disorders. The direct cost of these disorders is estimated to be 20 billion dollars annually with the indirect cost closer to 100 billion dollars. We work with your employees to ensure that they are maintaining proper posture during their work day to decrease the likelihood of these problems arising. A detailed discussion as well as hands-on demonstration may be utilized.

STRESS AND THE WORKPLACE

Stress affects each and every one of us whether we realize it or not. This lecture is designed to create awareness of stressors both at home and at work, as well as discuss the emotional and physical effects it can have on an individual. Studies show that stress can lead poor relationships with co-workers, physical ailments, decreased productivity, and missed work. This lecture will provide your employees with tools to better cope with these stressors.

OCCUPATIONAL STRETCHING WORKSHOPS

Whether your job consists of sitting at a desk or lifting heavy objects, stretching is extremely important. This lecture includes discussion on the role of flexibility in preventing workplace injury and a hands-on demonstration of proper techniques. We will customize a stretching regimen that meets the exact requirements of your employees. This regimen can then be done daily by employees to not only prevent injury, but reach maximum health and productivity.



MARIETTA HEALTH & WELLNESS CENTER: INTEGRATED WELLNESS SERVICES

At Marietta Health & Wellness Center, we take an integrated approach in helping you to achieve optimum overall health by combining chiropractic care with medical and therapeutic procedures. Formerly Dexter Chiropractic, our new name embraces this integrated approach, while continuing the same standard of excellence in care and patient service.

services include

Chiropractic
Massage Therapy
Physical Therapy /
Rehabilitation

Medical Pain Management
Physical Performance
Assessment
Stress Management

CALL MHWC AT 740-376-9944

to get more information about how to organize
or schedule a health & safety lecture.

HRS OF OPERATION

M :: W :: F 8a.m. – 6p.m.

T 9a.m. – 5p.m.

TH 9a.m. – noon

SAT by appointment