



South Florida  
Family Chiropractic, P.A.

# EMPLOYEE WELLNESS PROGRAM

“Investing in the future of your business”



*“Healthy Employees  
Create a Positive and  
Productive Workplace”*

## MORE PRODUCTIVITY



## HEALTHY EMPLOYEES

Interested in cutting down on absenteeism, worker's comp, health insurance, hiring, and training costs? Implementing innovative wellness programs are a fast and efficient way to achieving this goal. Join the many major companies who have already caught on.

*“Wellness and lifestyle improvement programs are rapidly becoming a top priority at many large employers (IBM, Dell, Pitney Bowes, Motorola, etc.) and with good reason. Employers are recognizing that there is a direct link between healthy and engaged workers, high productivity, and controlling rising health costs.”*

*- Helen Darling, President of National Business Group on Health*

We can help you save time and money while creating a happy, healthier work environment. Allow us to share our knowledge and expertise in one or a series of 15, 30, or 60 minute workshops tailored to jump-start your staff. Our goal is to provide your employees with the tools and information needed to achieve spectacular health and ultimately to achieve the objectives and goals of your company.

Are you ready to join the top businesses in the world by creating a positive and productive environment?  
Remember happy, healthy employees  
are productive employees.

Our team will help yours by boosting employee energy, morale, health, and well-being through a variety of programs. Our flexible format includes lunch-and-learn programs, breakfast seminars, presentations, workshops, and health screenings.



## INCREASE MORALE

### Our Most Popular Presentations

- How To Double Your Energy In Half The Time
- Wellness Plans - Start To Finish
- How To Boost Your Immune System
- Mastering Stress and Time Management
- The Latest Research on Proper Ergonomics and Lifting
  - Fit While You Sit
  - Stopping and Preventing Arthritis Pain Naturally
  - Beating Carpal Tunnel Syndrome Hands Down
  - Lowering Blood Pressure and Cholesterol Naturally
  - 5 Steps to Losing Weight and Keeping It Off

*...and we can customize topics tailored specifically for your business or company.*

## REDUCE STRESS

Experience a more productive work atmosphere today.

Inspire your staff to achieve a better quality of life at work and home.



Our programs are designed to **reduce sick days, increase employee energy** and above all **maximize** each individual's **productivity**.

### POSITIVE RETURN ON INVESTMENT

*“Wellness programs in general, and fitness programs in particular may be the only employee benefit which pays money back. When more people come to work, you don’t need to pay overtime or temporary help.”*

*- D.W. Edington, Ph.D., University of Michigan*

### REDUCED ABSENTEEISM AND SICK DAYS

*“In many companies, the total loss of work from absenteeism averages as many as 10 out of 220 days per year, and because replacement labor is used about 75% less efficiently, absenteeism increases payroll costs by almost 8%.” - R.J. Shepard, The Economics of Enhanced Endurance Fitness, Human Kinetics*

*“Companies now see that not only can they cut sick days and health care costs by getting employees physically fit, but they can train employee’s bodies and minds to perform better in every day situations.”*

*- U.S. Surgeon General*

### What is the next step?

To set up a program or lecture for your office, business, or organization today, please contact **South Florida Family Chiropractic** at **561-422-1819**. Our programs are scheduled in advance and availability is limited, so call today. For more information please visit us on the web at [www.drjim.net](http://www.drjim.net).