

KEYSTONE
CHIROPRACTIC

Company
Wellness
Program

Company Wellness Program

At Keystone Chiropractic, health and wellness are more than just a job to us. Whether someone is a patient of ours or not, we strive to be a resource for everyone in the community. Our goal is to empower employees at local companies, by providing current and interesting health information, to achieve higher levels of health, miss fewer gatherings with family and friends, and be more productive and energetic at work.

The Company Wellness Program includes a variety of workshops from which to select. These topics can all be tailored to better fit a particular audience. At our workshops, there are no “once-in-a-lifetime” deals or drawings for the latest gadget. Instead we provide relevant information in a mentally digestible way to help the employees of your company reach optimal health.

Wellness Workshops

The following are some of Keystone Chiropractic's workshops. We can present for retreats, conferences, or breakfast/lunch-and-learns.

- 10 Super Foods for Optimal Health
- Health Made Simple
- Building a Bullet Proof Immune System
- Optimal Structure for Optimal Performance
- Better Brain, Better Business
- Ergonomic Evaluation and Training
- 3-Dimensional Structural Analysis

10 Super Food for Optimal Health

You may have heard the term “super foods,” but do you know what makes them so super?

Super foods share a high concentration of health-promoting antioxidants and nutrients to keep your body tuned and energized. In this workshop, learn which foods can easily be integrated into a balanced diet as part of your journey to achieve optimal health.

(Great Recipes provided)



Health Made Simple

Do you feel the journey to achieving optimal health is confusing and complicated? It can seem that way with new fads and advice coming out each day.

The Human body, much like a plant, has certain requirements it needs to be healthy. If we meet these requirements, our default state is health.

This workshop discusses your body's 4 key requirements needed to express optimal health and how to develop simple strategies to fulfill these requirements.



Building a Bullet Proof Immune System

Have you been run down, sick, and unable to perform at your best? Has this had an impact on your work and personal life?

The reason this can happen is due to a weakened immune system. You will walk away from this workshop with strategies you can immediately implement to help you build a bullet proof immune system.



Optimal Structure for Optimal Performance

Are you looking to achieve a personal best in the gym or on the pavement? Whether you are a seasoned athlete or are just beginning, having optimal spinal structure is vital to performing at your best.

This workshop describes the intimate relationship between normal structure of the spine and optimal performance in everyday life.



Better Brain, Better Business

The success of your business relies on helping the brain work from the Pre-Frontal Cortex, where higher level thinking takes place; critical decision making, patience, emotions. If this part of the brain isn't maintained, we resort to our more primitive brain, and acting more like a toddler: self-centered, instant gratification, and certainly NOT patient.

If you want employees showing up as the best versions of themselves, this workshop offers them actionable steps that can be taken.



Ergonomic Evaluation and Training

Do you experience tension between your shoulders? Are you feeling fatigued and unproductive throughout your work day?

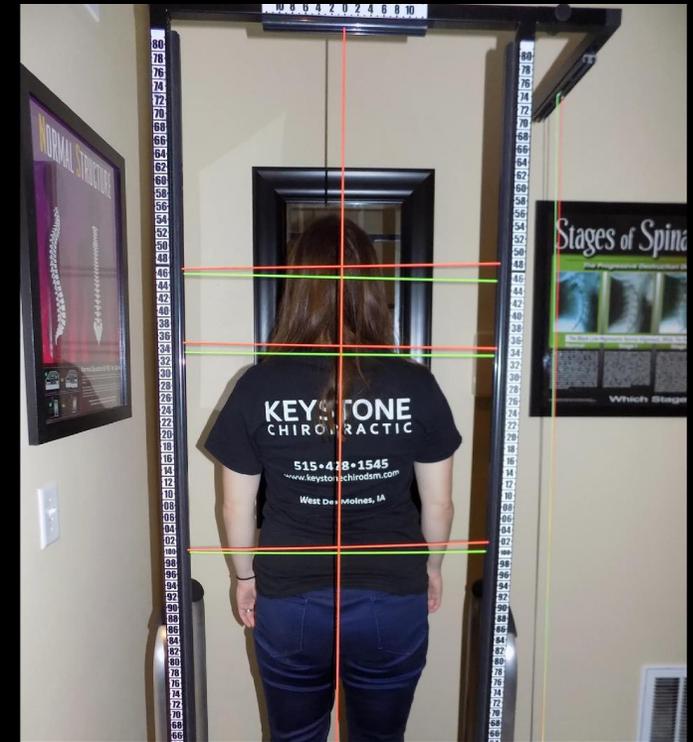
Making changes to the arrangement of your desk, placement of your computer, and your time spent seated can have great effects on your comfort, productivity, and mood. This workshop is designed to give you the tools to make improvements within your personal workspace.



3-Dimensional Structural Analysis

Are you concerned that your shoulders aren't level? Do you feel as though you're beginning to develop a "Granny's" Hump?

Our 3-Dimensional Structural Analysis is one of the objective tools we use during our comprehensive examination process. We often bring this to events such as Wellness Fairs to analyze employees and explain how shifts of their inner frame (spine) are affecting their outer structure and function.



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