



THE CHIROPRACTIC OFFICE OF
DR JESSICA PAIGE

HEALTH & WELLNESS LECTURE SERIES

LECTURE SERIES TOPICS:

- * **Beating Stress**
- * **Living to 100**
- * **Permanent Weight Loss**
- * **Getting Rid of Headaches**
- * **Women's Health**

Workshops are typically conducted during lunch time or are available by appointment request.

WHAT PEOPLE ARE SAYING...

Pacific Gas and Electric – *“The approach to ask questions of the group and encourage active participation from the attendees was excellent. I truly believe this made your material more meaningful and pertinent to our type of work.”*

- Scott C. Meter Reading Supervisor

Gilbane Building Company – *“With her expertise and knowledge she was able to educate our staff on how to minimize work injuries through proper lifting techniques, proper positioning of our workstations and how to utilize the available support systems and resources.”*

- Khristin W. NCA Human Resource Administrator

Peak Surgical – *“I would highly recommend Dr. Jessica to any employer that is looking to add a health related lecture series to employees. She is flexible and easy to work with as well as extremely knowledgeable about her area of expertise.”*

- Gwen D. Director of Human Resources



Dr. Paige is a Member of The Foundation For Wellness Professionals, a non-profit volunteer group that educates the community at **NO CHARGE** about health and wellness.

Chair massage provided by:



Massage * Facials * Waxing
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Good Health Is Just The Beginning