



Here's An Answer to the Rising Cost of Workers Compensation Claims and Declining Employee Productivity

If you're like the management at most companies, you've made the connection between the health of your employees and bottom line profits, and are frustrated that you haven't been able to decrease the cost burdens of higher insurance claims, absenteeism and lower worker productivity. If these are problems you want to correct, I invite you to learn about a **risk-free** way to make meaningful and profitable changes to your workplace.

An introduction. I'm Dr. Janet Horton, and I've recently re-located my practice, Horton Chiropractic, to Des Plaines, just a few miles from your office. One of the ways I'm growing my business is to reach out to companies in our area by offering **free employee seminars**. Please read on and see how this can benefit you and your employees.

Decrease Accident Occurrence – A workforce who knows how the human body works will be less likely to injure themselves. They work smarter and safer because they know the limits of their body and know when to ask for help.

Decrease Absenteeism – People who perform repetitive activities, workers who sit all day, light and heavy laborers, and even cubicle dwellers suffer because of bad ergonomics. This "cumulative trauma" is as damaging as an acute injury or accident.

Decrease Turnover – A worker who has been injured may feel insecure at work and obsess about being re-injured. This can ultimately lead to a valued employee looking for work elsewhere so he or she can start over with a clean slate.

Increase Morale – An injured or hurt employee is frequently unhappy. They are uncomfortable because of pain and loss of function, but the loss of personal productivity and self-esteem can be even more devastating.

Increase Job Satisfaction – Everyone likes to feel that they are performing their job effectively. Learning how to work smarter to avoid injury will help conserve energy and increase the feeling of pride in a job well done.

Better Total Health for All Workers – Everyone can benefit from a workplace safety education program. The right ergonomic training combined with general workspace communication can prevent a host of chronic complaints as well as acute injuries.

You set the time and location. I'll provide customized programming. My FREE PowerPoint seminar on workplace safety and productivity is based on OSHA guidelines and can be tailored to the profile of your workforce. I can do a one-time seminar, though I prefer to do a series of shorter sessions, all timed to meet your needs from 20 minutes to 45 minutes or longer.

You don't do the work – I do. I will conduct the seminar at my expense and, with your help, will promote it at your location. I have turn-key materials to post on bulletin boards, in lunch rooms, in other common areas. I will provide educational hand-out materials, including a “**Workplace Ergonomic Toolkit**” and, if it complies with your corporate policies, offer a Grand Prize Drawing at the conclusion of the series with an awarding of a membership at an area fitness center, a free consultation in my office and other health-related products. With your permission I'll mail, or e-mail your employees about the time, location and content of the sessions.

Your employees will thank you. Each self-contained PowerPoint session will contain valuable tips and information for employees on how they can prevent pain and injury due to posture or repetitive motion, how they can avoid certain behavior that can put extreme stress on the spinal column, and how they can test themselves to determine if they need professional chiropractic care.

Here's what others have said about my seminars. I have had good success with similar seminars in our area. Some of the comments:

“Dr. Horton's session was well-attended and she kept the attention of the audience much longer than we had anticipated. In fact, we finally had to ask people to leave after 90 minutes.”

Sue Friedman, Niles Senior Center

“Dr. Horton gave our cricket team more information than they ever expected and we've asked her back for more help on how to avoid injuries and how to maximize every work-out”

Ahmed Kahn, Chicago, IL
Cougars Cricket Club

“We've asked Dr. Horton to expand her course curriculum to include “Understanding Cholesterol,” “Fad Diets,” “Osteoporosis,” “Understanding & Slowing the Aging Process,” and “Asthma Issues.”

Lynn Seinfeld, Director
Adult and Professional Education
Oakton Community College

There's no risk in talking. I pride myself in being an innovative practitioner who applies a diversified methodology in diagnosing and treating my patients with a combination of technology and touch. I have the systems in place that allow me to tell each patient what the treatment will be, how long it will take, when to expect results and how much it will cost...all before we begin treatment.

Call me at **847-296-3877** to discuss how we might work together. I welcome the opportunity to bring your employees the health, education and well-being that can increase their productivity and loyalty and, in the end, make your company more profitable.