



**BOMBERG
CHIROPRACTIC**
achieving optimal health naturally & affordably

Your Partner in Workplace Wellness

Dr. Tom Bomberg provides our community with a safe, gentle and effective hands-on approach to treatment for people with chronic pain, injuries and limited mobility.

If you have a goal to improve employee engagement or team member connection, Dr. Tom Bomberg can be a partner in achieving those goals.

How can Dr. Bomberg help your team?

Did your team just work through a tough project, deadline or accomplishment that pushed them to their limits?

Dr. Bomberg and his team can provide on-site massage service to address the knots in their shoulders and relieve any aches and pains associated with the extra hours they spent in their work.

Do you worry that your team doesn't have the healthiest desk, chair, monitor and keyboard set up?

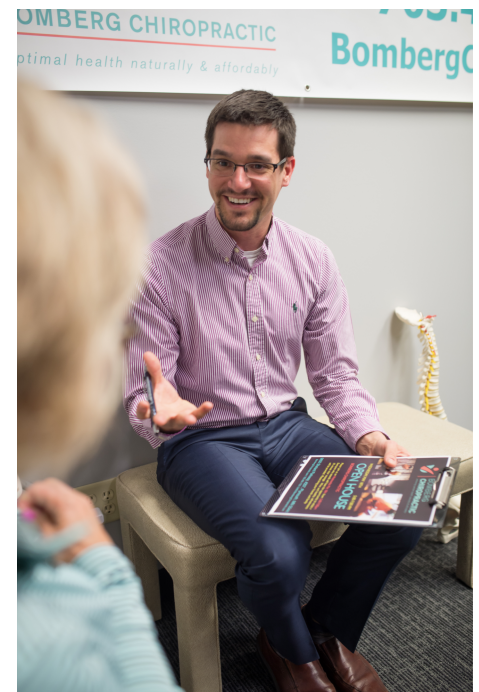
Dr. Bomberg provides free ergonomic assessments for your team members and help make simple adjustments to their work stations to alleviate stress in key areas – neck, shoulders, wrists and lower back.

Do your employees spend long periods of time in meetings, standing stationary or sitting at their desks?

Dr. Bomberg can provide tips on stretching, movement and posture that can help address aches and pains that come up for those of us with sedentary office lifestyles.

Does your team do physically challenging work or heavy lifting in a warehouse or service center?

Dr. Bomberg can help your team use best lifting and movement practices and provide tips on how to address minor aches and pains with physically demanding jobs.



Different than other chiropractors, Dr. Bomberg partners with local businesses to provide **FREE** consultations at your location, offering services that meet your objectives towards building a healthy and happy workforce.

BOMBERGCHIROPRACTIC.COM

763.450.1755



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Dr. Tom Bomberg is committed to improving the health of our community, especially local businesses who want to help their employees feel the best they can at work.

Complimentary Services Dr. Bomberg Offers Workplace Wellness Partners

- ✓ **Office Ergonomic Check ups:**
Provide you with unique and valuable workstation customizations that will allow you and your team to work more efficiently for both increased productivity and reduced physical strain.
- ✓ **10 - Minute Health Talk**
Let our team of experts come to you and provide a short but sweet talk on any number of health topics. Our free health talk topics include: *Improving Your Posture at Your Desk, The Natural Approach to Headaches,* and much more.
- ✓ **10 - Minute Stretching Session**
Our team will come to your workplace and provide a complementary stretch session to help you and your team start feeling better.
- ✓ **10 - Minute Massage Session**
Tension buildup from hours spent in front of a computer screen and the typical stress many experience in the workplace all cause tightness, and for some, pain. A short massage is a little piece of heaven we bring to your workplace for free!

Recent Testimonials from Workplace Wellness Partners:

"I was having some issues with numbness in my fingers, and asked Dr. Bomberg to look at my workstation. He listened, observed and made some recommendations and helped me immediately change how I sit and work! It really helped!"

**- Kris, Self Employed
Event Planner**

I was extremely satisfied with Dr. Bomberg's Corporate Wellness program. As promised, the talk was only 10-minutes and was filled with tons of practical and easy to implement formation. We are already having him come back for another talk again soon to refresh our memories on it.

**- Jon, Marketing Company -
+200 employees**

The ergonomic check-up was so quick, easy to implement and helpful. Everyone who got their check-up is noticing their posture is better, and they sitting up taller, with fewer aches and pains at the end of the day. Now the people who missed this check-up, want their desk customized for them too!

**- Liz, HR for Accounting Firm
+15 employees**

**Interested in what Bomberg Chiropractic can do for your team?
Call 763.450.1755 or email: DrB@BombergChiropractic.com**