

DOES YOUR TEAM NEED A BOOST?

Dr. Justine can help your team reach their optimum potential!

Invest wisely in the health of your employees by taking a proactive and preventative approach. By improving health, increasing energy, improving mental focus and clarity you will **reduce employee absenteeism, improve productivity** and ultimately **increase your company profits.**



Dr. Justine Blainey Broker, has spoken on health and well-being, goal getting and stress management all over the province of Ontario. Many companies have benefited from her services, including; Hydro One, Unilever, Wal-Mart, The Universities of York and Toronto, community groups and numerous public schools and high schools.

To hear Dr. Justine speak

Visit our You Tube Channel
Blainey Wellness

www.drjustineblainey.com
www.blaineywellness.com



Would you like to?

- Lower Health Care Costs
- Reduced Absenteeism
- Increase Productivity
- Reduced Use Of Health Care Benefits
- Reduced Worker's Comp/Disability
 - Reduced Injuries
- Increase Morale and Loyalty

Husky Canada has had great success with their wellness initiatives:

- Reported a **savings of \$8.4 million** as a direct result of it's programs
- **Turn over rate is 5% lower** than the industry average
- **Absenteeism is average 4 days a year** versus industry average of 7.3 days per employee
- **Injury claims are 1.2** for every 200,000 versus industry average of 5.8

Source: Globe and Mail—Human resources Development Canada

Whether your team is always on the go or spends most the day at their desk; stress, illness and fatigue can get to the best of us and slow our progress and productivity.

Dr. Justine Blainey Broker can help get you team back on track with her energetic, informative and encouraging seminars! Choose from a variety of topics such as:

- ★ Ergonomics
- ★ Stress Management
- ★ How to Prevent Injury
- ★ Health & Nutrition
- ★ Over 50 topics to choose from!

**To book your wellness seminar call
905-840-WELL(9355)**

AVOID MISTAKES CAUSED BY STRESS, OVER WORK OR A LACK OF MOTIVATION

LOWER ABSENTEEISM FROM INJURIES OR LOWER BACK PAIN



Help your team become more productive, less stressed and reach optimum potential

Show your associates how important their wellness is to you!

Help them gain dynamic energy by providing them with one of these informative workshops:

- Prevention of Lower Back Pain & Injuries
- Standing on the job- your back to the future
- Sitting on the job- how to stay fit while you sit
- How to harness 10 times more daily energy
- Goal Setting and Goal Getting
- Women's Health
- Freedom from Fibromyalgia
- Headaches
- Family Health
- Balance for Health Living

- Stress Management
- Ergonomics
- Fitness & Weight Loss
- Overcoming Osteoporosis
- Nutrition
- Arthritis
- Asthma & Allergies
- Sports & Injuries
- Health Back

Here are just some of the companies that have benefited from our programs:



(905) 840-WELL (9355)
www.blaineywellness.com