



Foundation for Wellness Education

Dear Business or Organization:

I wanted to make you aware of a very special opportunity that I believe would be of great benefit to your organization. I am a volunteer facilitator for the Foundation for Wellness Education (FWE). The FWE is a non-profit organization dedicated to educating the general public about health and wellness issues. Through educational initiatives we provide wellness education to the community by offering a variety of free programs to local civic groups and organizations, clubs, churches, businesses, and schools.

In our work across the country we have found the topic of *workplace wellness* to be of special interest to businesses both large and small. As the economy and health care continue to be at the forefront of issues faced by our nation, we are finding many employers have realized the bottom-line impact of fostering wellness within their workforces. Through wellness programs employers are able to contain health care costs, curb absenteeism and boost productivity, all essential in a competitive business world and difficult economic times. As a volunteer doctor I view the work I do with local businesses through the FWE an additional way I can support the economy in my own community.

Our programs encompass timely workplace wellness topics such as how the body works, ergonomics, stress management, nutrition and workplace safety. In addition we offer options for employee wellness screenings. Regardless of the size or complexity of your workplace wellness program we can easily dovetail any initiative to fit with your objectives.

If you have questions or are interested in scheduling a program simply mark your selections and return the enclosed flier to my office. Additional information can also be obtained through the FWE's website at www.foundationforwellnesseducation.org.

Yours in better health,

Dr. Kayla Zirpel-Proctor
Back to Wellness Chiropractic, P.L.L.C.

Back to Wellness Chiropractic, PLLC

Dr. Kayla Zirpel-Proctor
18476 Kenrick Avenue, Suite 201 Lakeville, MN 55044-9288
Email: drkaylazp@yahoo.com

An official representative of the Foundation for Wellness Education
www.foundationforwellnesseducation.org

Allow us to introduce your area wellness expert...



Dr. Kayla Zirpel-Proctor

Experience: Practicing since 2007

Education:

- South Dakota State University, Brookings, S.D. B. S. in Biology, Microbiology minor, 2004.
- Northwestern Health Sciences University, Bloomington, M.N. Doctorate in Chiropractic, 2007.

Additional Education:

- Nutrition and Applied Kinesiology seminars
- Pettibon chiropractic technique seminars
- Enrolled in the Wellness Practice™ Wellness Certification Program

Kayla Zirpel-Proctor was in a “minor” car accident when she was a junior in high school. As she soon discovered, there are no “minor” accidents and soon she was suffering from headaches as a result of her injuries. She visited her hometown chiropractor and after several visits her headache pain was relieved. It became obvious to her that chiropractic was beneficial in healing after an injury.

At the same time her mother could only walk a few blocks before low back pain set in. Within a few years she became unable to walk those two blocks at all, let alone stand, without her severely degenerated back robbing her of her quality of life. At that moment Kayla understood the importance of lifetime spinal maintenance. Chiropractic was not just for injury management—it was for maintenance of the spine, much like brushing and flossing for oral health. It can prevent many chronic and recurring conditions people suffer from daily, all without drugs and surgery. This revelation influenced her choice of career.

After graduating from Northwestern Health Sciences University, Dr. Zirpel-Proctor worked as a chiropractor at Chiropractic USA in Long Lake, M.N. for a year. She opened her own practice on the second floor of Citizens Bank in Lakeville, M.N. in 2009. Dr. Zirpel-Proctor strives to create an energizing, healing environment and incorporates detailed postural and radiologic analysis into the practice. Since that time, the practice has catered to all individuals seeking optimal health and wellness although families and children are a main focus.

Dr. Zirpel-Proctor has become one of the leading health and wellness advocates and educators in Lakeville. Her belief that the strength of a community depends on the health of its residents spurs her contribution of countless hours to the education and promotion of health and wellness. As a volunteer doctor for the Foundation for Wellness Education, hundreds of area residents are educated annually on the healing power of the body and overall benefits of healthy lifestyle choices.

“I love the family-oriented environment of the Lakeville,” says Zirpel-Proctor. “I believe a healthy community is a direct result of the health of the residents who live there and a healthy community is going to be a safe and prosperous place for our families. That’s really important to me as a citizen and as a local business owner.”

Back to Wellness Chiropractic, PLLC

Dr. Kayla Zirpel-Proctor

18476 Kenrick Avenue, Suite 201 Lakeville, MN 55044-9288

Email: drkaylazp@yahoo.com

An official representative of the Foundation for Wellness Education
www.foundationforwellnesseducation.org



Get a Grip on Stress: While it's true that stress is a result of change, one common misconception is that stress is always a result of a negative shift in our environment. Not only can stress result from positive occurrences in our lives but both positive and negative stress affect our overall health in a variety of ways. Stress is all around us. Learn tips to managing stress and minimize its negative affects on the body.



Desk-ercise: Get Fit While you Sit: The computer age has found us spending more time at our keyboards. Prolonged postures and repetitive movements lead to a variety of symptoms such as eye-strain and headaches, shoulder pain and carpal tunnel syndrome, back pain and sciatica, just to name a few. There is no need to work in pain! Follow these common-sense strategies to relieve pain and safeguard your health for years to come.



Work Healthy, Work Safe: As a benefit to new employees and an additional safeguard for safe and healthy work practices we can provide this 30 minute training as a one-time training event or a monthly or quarterly training to all new employees based on your needs. Rotate existing employees into the meetings and everyone benefits by promoting safe and healthy habits on the job and at home. Can also be customized to a specific group where safety and health issues are a concern due to the physical demands of the job.



Take Five! Stress Relief Break: Our most popular program! Help employees reduce tension by enjoying a 5-minute pressure point massage while learning more about their health. We also conduct posture analysis and can answer their health related questions and offer suggestions to increase their performance at home and on the job! A great way to recognize your hard-working team!



Power Nutrition: Low carb, low fat. The information on what constitutes a proper diet is vast and conflicting. When it comes to nutrition one thing is true—variety is the spice of life. Separate the facts from the fads and learn the truth about the foods we eat. Learn about the impact proper nutrition can have on our performance, productivity and overall health and wellness.



Health Fair Screenings: Don't forget us when planning for your next employee health fair. We offer a variety of fun and interactive screening options, perfect for any event! From master nerve system scans using the latest state-of-the-art technology (where available) to posture screenings to let individuals view their health from the outside looking in, we can help your team understand the keys to health and performance!



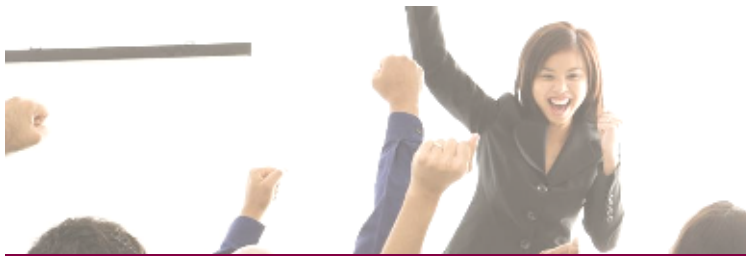
Back Safety Workshop: Studies show that when employees are properly educated, spinal injuries and the average cost of those injuries decrease. Back injuries are one of the most expensive injuries for companies. Take steps to prevent injuries and the expense that goes along with them. Your bottom-line will benefit and your employees will thank you. NOTE: Can be easily customized to nearly any position at your workplace.



Carpal Tunnel Syndrome: Don't Wait for the Symptoms: Do your everyday tasks require repetitive motions? Do you lift heavy objects on a continual basis? If your answer is yes, you may be susceptible to Carpal tunnel Syndrome. Learn the simple steps you can take today to avoid the pain of Carpal Tunnel. If you are already experiencing pain, tingling or numbness, find out what you can do to improve your symptoms before it's too late.



Workshop on Wellness (WOW): Do you ever wonder if you are truly realizing your full life potential? This seven-element workshop focuses on the importance of a balanced approach to life. Attendees learn about the seven key-life areas and how to balance each area for true happiness, health and wellness. This session can be delivered as a 2-hour workshop or divided into 30-minute sessions for each key-life area. A truly inspiring health and wellness series!



Quick-Response

We understand that you wear many hats. Out of respect for your time we make all our programs and events easy for you to implement. You provide the location, work with us to finalize a date and let us take care of the rest!

We even make selecting your preferred programs easy! Simply place a check (✓) in the box to indicate the programs that you believe best meet your needs. Then return this form to us via fax. We will then contact you to answer your questions and finalize all the details.

OUR PROGRAMS:

- Get a Grip on Stress**
- Desk-ercise: Get Fit While you Sit**
- Work Healthy, Work Safe**
- Take Five! Stress Relief Break**
- Power Nutrition**
- Health Fair Screenings**
- Back Safety Workshop**
- Carpal Tunnel Syndrome**
- Workshop on Wellness (WOW)**
- Your Special Request:** _____

**Complete this form and fax it to our office.
We will contact you immediately with additional information!**

Company Name: _____

Contact Name: _____

Phone Number: _____

I'm interested in scheduling the events marked above:

Preferred Date: _____ Preferred Time: _____

I'm interested in more information. The best time to reach me is: _____

Return Fax to (952) 898-4491

Back to Wellness Chiropractic, PLLC

Dr. Kayla Zirpel-Proctor

18476 Kenrick Avenue, Suite 201 Lakeville, MN 55044-9288

Email: drkaylazp@yahoo.com

Phone: 952-693-3736

*An official representative of the Foundation for Wellness Education
www.foundationforwellnesseducation.org*