

Let Us Help You!

Doctor Paul Poirier offers information sessions **FREE of charge** to various companies and agencies in Cornwall and area.

We call these, **Lunch & Learn** health information sessions.

The duration can vary from 30 to 90 minutes – to suit your needs.

Book Your **FREE Lunch & Learn** health information session!

How Does “Lunch & Learn” Work?

To not disturb the normal workflow of the employees in your company or agency, we suggest holding these sessions during the lunch break. However, we are available to deliver these sessions at your convenience.

- You Select the **Date**
- You Select the **Time**
- You Select the **Topic**
- You promote to your **Employees**
 - WE deliver the **Information!**

The purpose of these **Lunch & Learn** sessions is to provide quality health education to your employees. Through these sessions, you can help your employees gain dynamic energy!

YES, it's Time To Take My Health Into My Hands!

I would like to schedule a *Lunch & Learn* session with Doctor Paul Poirier.

Company Name: _____

Address: _____

Telephone: _____ Fax: _____

Email address: _____

Name of the contact person: _____

Position within the company/agency: _____

I am interested in leaning more about...

- | | |
|--|--|
| <input type="checkbox"/> ADD & Ritalin | <input type="checkbox"/> Aging, Arthritis and the Chiropractic Lifestyle |
| <input type="checkbox"/> Backpack safety | <input type="checkbox"/> Carpal Tunnel Syndrome |
| <input type="checkbox"/> Chirokids | <input type="checkbox"/> Ear Infections |
| <input type="checkbox"/> Fybromyalgia | <input type="checkbox"/> Ergonomics in the Office Environment |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Human Potential |
| <input type="checkbox"/> Is Your Diet Killing You | <input type="checkbox"/> Living With a Healthy Back |
| <input type="checkbox"/> Orthotics | <input type="checkbox"/> Peak Performance |
| <input type="checkbox"/> Personal Injury Lecture | <input type="checkbox"/> Pregnancy & Breastfeeding |
| <input type="checkbox"/> Smoking Cessation | <input type="checkbox"/> Reducing Headaches, Numbness and Pain |
| <input type="checkbox"/> The Secrets of Beating Stress | <input type="checkbox"/> Thermography |
| <input type="checkbox"/> Vaccination The Myth | <input type="checkbox"/> Weight Management, Nutrition and Exercise |
| <input type="checkbox"/> Work Injury | <input type="checkbox"/> Wellness |
| <input type="checkbox"/> ChiroThin Weight Loss | <input type="checkbox"/> Toes2Nose |

Contact us at 613-936-1386 or paul@drpaulpoirier.com

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