

HealthSource Lecture Series

Qualified doctors from HealthSource are available to speak to your group or organization on the following topics:

At HealthSource, we understand that one of the best ways to help others is to teach them how to help themselves. Dr. Brenda Hassebrock is available to speak to your group or organization on the following topics:

Adding Years to Your Life

You can look forward to growing older! This program focuses on the basics of having more fun, eating better, keeping the body moving and taking charge of your health!

Back Sense

Back pain causes more people to miss work than any other condition other than the common cold. Of the 1.8 million disabilities that Americans experience each year, almost one fourth of them – or 23% - are related to back injuries. Learn the “system” to follow in taking care of your lower back.

Fibromyalgia

How do you help someone when everywhere you touch...they hurt? Fibromyalgia is the second most common rheumatic disease suffered by Americans, second only to Osteoarthritis. Sadly, many are told to “just live with it” and yet natural, holistic, conservative care is available to reduce or eliminate the pains associated with this disease. If everywhere you touch – it hurts – this seminar is for you.

Getting a Grip on Stress

A Japanese proverb states, “Every little yielding to anxiety is a step away from the natural heart of man.” Stress is the number one cause of disease and sickness in this world. Headaches, fatigue, body aches and pains are just a few of the primary symptoms associated with stress. During this presentation you will learn a 5-Step Plan to make stress work for you, instead of against you.

Golfing for a Lifetime

What do you want from your game? To hit further, straighter, with greater accuracy? This seminar will teach you 10 Traits common to all champion golfers (HINT – it doesn’t have to do with better equipment!)

HSHealthSource

**Chiropractic & Progressive Rehab
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How To Raise a Healthy Child

Healthy children don’t happen by chance. Learn the important keys to raising a happy, healthy infant as well and the “4 Cornerstones” to your own health that will help you do it.

Industrial Excellence

The basic Principles for Success are the same in business as they are in athletics. Good business teams have common GOALS; a high level of mutual TRUST; open, honest COMMUNICATION; and are COMFORTABLE with each other...win or lose. This seminar will help you begin to create the foundation to help produce happy, healthy employees.

It’s Your Future, Be There Healthy!

The primary job of any doctor should be to teach their patients how to help themselves. During this fun-filled workshop you will learn about: Proper Exercise, Good Posture, Good Nutrition, Positive Mental Attitude and how Good Spinal Hygiene enhances your health.

Performance!

Achievers are willing to pay the price of achievement. To get more out of life, you need to put more *into* life. This presentation focuses on a study that showed huge success in athletic performance through enhanced human biomechanics, structure and function. Overcoming the physical, mental and emotional negative is the price of achievement – the price of GREATNESS!

Sit Right For Your Type

The purpose of the presentation is to help sedentary workers increase their productivity by minimizing the causes of physical injury due to poor posture, environmental conditions and stress. The program focuses on the little details that make a BIG difference in personal comfort and health.

Other topics can be tailored for your company or group. Please call HealthSource to discuss your requirements.