



**ROBICHAUD**  
Family Chiropractic



Dr. Adrian Robichaud, BSc, DC

Workplace health programs have proven to help business **decrease costs** associated with staff turnover, absenteeism and medical claims/benefits usage and to **increase profits** in terms of higher staff morale and **increased productivity**.<sup>1</sup>

**41 per cent** of Canadians say that their employer does not do nearly enough to help them manage stress at work.<sup>2</sup>

**34 per cent** of Canadians with health plans agree with the statement:

**"Workplace stress has been so overwhelming that it has made me physically ill at times."**<sup>2</sup>

"On behalf of the Greater Oshawa Chamber of Commerce, I would like to thank you for facilitating our recent Lunch & Learn in the Chamber board room... The response from those who attended has been quite positive and all enjoyed the information you shared. Everyone found the session very informative."

Bob Malcolmson  
CEO & General Manager  
Greater Oshawa Chamber of Commerce

"Thanks so much for taking the time on Saturday morning to speak to our Women's Learn to Run group. The information was delivered well and received with enthusiasm...."

Brenda Barron  
Running Room, Whitby, ON

"Thank you so much for your time here yesterday. I was speaking with a few of the residents and staff afterwards. They really appreciated the opportunity to hear your presentation. They were also really pleased to have the opportunity to continue learning! I think your presentation did a lot of good here in the Home. Thank you!"

Cara Maltby  
Resident Support Services Manager  
The WynField, Oshawa, ON

Dr. Adrian Robichaud Presents:

# Natural Stress Management

By attending this thirty minute presentation you will learn:

The seven warning signs of stress

The three kinds of stress that affects all of us

How your nervous system manages stress and how to help it manage it even better

The two myths about stress that could be robbing you of your health

**Call us at 905-571-0821 if you have any questions or to book Dr. Robichaud today.**

1. <http://www.lambtonhealth.on.ca/workplace/Employer.asp>

2. [http://www.stressmap.ca/workplace/workplace\\_facts.htm](http://www.stressmap.ca/workplace/workplace_facts.htm)