



The Health & Wellness Committee Presents:

Creating a Workplace Culture of Health & Safety

Featured Speakers: **Dr. Jonathan B Smith, DC & Tuyet Cong-Ton-Nu,**
Certified Nutrition Consultant

The health of a business and its employees are interconnected!
Learn the benefits and simple, low cost methods of creating a corporate culture that motivates toward well being. Specific examples will be given in the areas of injury prevention, stress reduction and nutrition.

When:
Wednesday, June 17, 2009
11:30 a.m. - 1:00 p.m.

Healthy, local, organic lunch available for purchase at Blue Skies Café.

Where:

Dept. of Health & Human Services, Connection Center
 3240 Kerner Blvd., San Rafael



As a certified Injury Prevention Specialist Dr. Smith helps companies become more profitable through decreased injury related costs and increased employee health and productivity. He offers a range of services which he has customized to fit clients such as Birkenstock, Bertolli Automotive, Whole Foods and Kendall Jackson. He also has served Marin County for ten years through his private practice, Balance Chiropractic.



Tuyet is an experienced Certified Nutrition Consultant, Licensed Stress Reduction Expert and Lifestyle Educator. She empowers her clients to learn how to bring balanced nutrition into their lives as part of a joyful experience of health and wellness. She offers simple stress reduction tools and techniques that can be used anytime and anywhere to reduce stress, build health, and maintain vitality.

\$5 donation requested at door. Space is Limited!! Please pre-register.

Email: jclark@sanrafaelchamber.com Fax: 415-454-7039

Name: _____ Company: _____
Address _____ Phone: _____