



McDaniel Chiropractic Center

Experience The Benefits

## Community Outreach Program

Lectures

&

Workshops



Diet & Inflammatory Conditions



Sitting Fit



Back Pain & Core Stability



Carpal Tunnel Syndrome



Trigger Point Therapy

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Chronic, sub-clinical inflammation has been found to be a key factor in many diseases ranging from arthritis, cancer, heart disease, asthma and chronic pain to dementia and depression. This talk focuses on the causes of inflammatory conditions and dietary recommendations for treatment.

Relieve pain and tension in your back, shoulders, neck and wrists with simple ergonomic changes in your posture and at your work station. Learn stretches, breathing techniques and exercises that will have you feeling relaxed and energized all day!

Learn how strengthening core muscles can provide the stability needed to prevent injuries to your back. Receive tips on how to lift, sit and bend with ease.

The Bureau of Labor Statistics reports that, on average, it takes an employee longer to return to work after sustaining Carpal Tunnel Syndrome than any other disabling injury, including amputation. Learn the common causes and symptoms of CTS, preventative exercises and alternative treatments.

Where do those nasty old knots in my muscles come from and how do I get rid of them? Learn the common causes of chronic muscle knots and some trigger point techniques on how to release them. Bring a partner with you for this interactive workshop!



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### Keys to Longevity



### Chiropractic Care



### Everyday Ergonomics



### The Pains of Parenthood



### Wellness & Chiropractic Care

What is the secret to youth? Find out what lifestyle changes can make a big difference in your health and vitality. Learn to work with your biology to turn back the hands of time and to increase your quality of life as you age.

Chiropractic is one of the fastest growing health fields in the United States. Learn about this conservative, drug-free way to manage your pain, boost your immune system and increase your energy and vitality.

Mundane activities such as house cleaning, yardwork and grocery shopping; even driving and sleeping can be the cause of many daily aches and pains. Learn how to lift, bend and reach with purpose to prevent injury and ease discomfort.

Raising children is a labor of love and the 24/7 nature of parenthood can leave care for mom and dad on the back-burner. Proper technique in lifting, feeding and bathing can help to alleviate chronic problems often seen in the back, neck shoulders, knees and wrists.

A wellness approach to better health means adopting a variety of healthy habits for optimum function on all levels – physical, mental, social and spiritual. Because of it's focus on the nervous system, which control the function of virtually every aspect of our lives, chiropractic care can be an important part of a wellness lifestyle. The pleasant results are not merely the absence of pain or symptoms, but are often more vitality, endurance, and the capacity to enjoy life to its fullest.