

## Popular Workshops Include:

### Workplace Wellness

- Stay Fit While You Sit: Prevent poor posture, eliminate pain, and increase energy
- Stress and Time Management for Busy Professionals
- New Solutions to Eliminate Back Pain, Neck Pain, and Headaches
- Natural Solutions to Sleep Problems: Learn 20 ways to get better sleep now
- Secrets To Permanent Weight Loss: Lose pounds and inches with practical tips.
- Text Neck Syndrome: Health hazards surrounding the overuse of hand held devices.

### Family Wellness

- Teenage Auto Safety: The impact of whiplash on your short and long-term health.
- Text Neck Syndrome: Health hazards surrounding the overuse of hand held devices.
- Perfect Posture, Perfect Health
- Family Stress and Time Management
- Choose a Career: Find your purpose in your work.
- How to Improve Sport Performance and Reduce Injuries

*Please check off the topics that your organization would be interested in learning more about. Then fill out the form on the back of this brochure with your info and return it to a Synergy team member.*

## Testimonials

" His persuasive and friendly style in the classroom, coupled with his professional knowledge, has turned him into a "must invite Speaker" each semester in the course I direct."

**-Dr. Genaro Lopez, College of Medicine  
University of Central Florida**

"He greatly exceeds expectations and is a pleasure to hear and learn from. He articulates himself extremely well, easily captivating both my students and me."

**-Dr. Ze Wang, Professor of Marketing  
University of Central Florida**

### Your Business/Organization's Info

Name: \_\_\_\_\_

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Organization: \_\_\_\_\_

Best Contact: \_\_\_\_\_

Contact Info: \_\_\_\_\_

## Next Steps

If you are interested in having Dr. Janowitz speak at your church, business or civic organization, please email:  
**Social@SynergyOviedo.com**

FOUNDATION FOR  
**Wellness**  
PROFESSIONALS™

A National Non-profit Foundation



## Dr. Eric Janowitz

Keynote Wellness Speaker  
for Central Florida

Bringing Healthy Lifestyle  
Programs to Central Florida  
Organizations

# Health lectures

Since 2001, Dr. Eric Janowitz, has been a passionate and inspiring health speaker who shares his message of hope and healing to Oviedo, Winter Springs, and the UCF community.



**Why do we offer these health lectures at No Charge for your Company or Organization?**

As part of our commitment to the Foundation for Wellness Professionals, Dr. Janowitz provides health screenings and community lectures at no charge as part of our community service.

**How long are Health Lectures?**

Dr. Janowitz has provided health lectures from as quick as 10 minutes to 10 hours of content over a series of weeks. Since every organization has unique needs, we take the time to customize the content, format, and duration to meet your organization's goal.

Check out our website:  
[www.SynergyOviedo.com](http://www.SynergyOviedo.com)  
for more details on these lectures

# FOUNDATION FOR Wellness PROFESSIONALS™

A National Non-profit Foundation

The Foundation for Wellness Professionals™ is an association of professional healthcare motivational and keynote speakers. This volunteer, not-for-profit association operates through independently-operated chapters across the United States and Canada. The Foundation for Wellness Professionals is incorporated as an official professional association with the State of Florida (No3000002637). It has 501(c)3 non-profit status.

## Dr. Eric Janowitz

Dr. Eric Janowitz has earned several academic degrees including two Bachelors degrees- one in Psychology from the University of Florida and another one in Human Biology as well as a Doctorate in Chiropractic from the prestigious Logan University in St. Louis.



Dr. Eric Janowitz and his family

# Health Fairs



The doctors at Synergy Oviedo Chiropractic are passionate about improving the health of local businesses. Our doctors provide engaging and informative health screenings, including posture and spine assessments and ergonomic advice at no cost.

**Dr. Janowitz has served these great organizations:**



**What do our Health Screenings consist of?**

Our doctors attend your health fair personally. They review a brief health and stress survey to uncover areas where stress is affecting your body. Through a very detailed posture weight scale analysis, our doctors can uncover the thousands of postural distortion patterns that can exist that could be putting pressure on your teams musculoskeletal system and pinching nerves causing pain or other health issues.



Go to our Facebook for upcoming events and pictures!  
[www.facebook.com/SynergyOviedo](http://www.facebook.com/SynergyOviedo)