

## Get Healthy, Stay Healthy!

- Informational programs on Health and Wellness Topics.
- Engaging 30-45 minute presentations.
- Interactive Workshops.
- Q&A Follow-ups.

**Kinetic Health<sup>®</sup>**  
Health and Wellness Programs

# Lunch and Learn with Kinetic Health



To schedule your Lunch and Learn, call: 403-241-3772



### **Muscle Balance, Core Stability, and Injury Prevention**

Learn how muscle imbalances can affect your core stability, your kinetic chain, and cause gluteal amnesia. During the workshop, learn how to quickly evaluate your core strength, and try some sample core exercises. Time will be left for questions and answers.



### **Your Body's Amazing Kinetic Chain**

Discover how the intricate fascial connections of your body work together to activate your body's kinetic chain. During the workshop, learn how to use stretching, self-myofascial release, and special techniques for re-curving your fascial springs to restore your kinetic chain.



### **Turning Back the Biological Clock with Diet and Exercise**

Did you know that an effective combination of diet and exercise can literally turn-back your biological clock? Its true, and during this workshop, you will discover the critical connections between diet, exercise, and stress reduction. We will show you a few simple exercises to get your started on this path!



### **Weight Management**

Its time to stop beating yourself up about your weight! Learn how to deal with the terrible trio of Stress—Hormones—Diet to effectively manage your weight over the long term. Time will be left for questions and answers after a brief interactive workshop.



### Sitting is the New Smoking!

It's true. You can't get away from it, the more you sit, the worse your health, and the earlier you may die! Why is this? It has to do with the impact that sitting has on your kinetic chain. We will show you how to evaluate both your posture and your core, and identify just how sitting is affecting your health, and give you a chance to try a few exercises to get your body back on track.

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### Resolving and Preventing Nerve Entrapment Syndromes

Many problems such as chronic pain, numbness, tingling and loss of muscle strength can be caused by entrapped or compressed nerves.

Learn about some common syndromes that may be affecting you, and learn some effective *nerve flossing* exercises to release these nerves.

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### What Can You Do for Bunions?

Bunions, those painful bony enlargements on the big toe, can make walking and exercising difficult. The good news is that it is possible to resolve these through a combination of exercises and treatments that address all the structures of the affected kinetic chain; by using proper footwear, taping, and with myofascial release. The doctors will demonstrate some of these options during this interactive session.

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### Resolving and Preventing Repetitive Strain Injuries

Repetitive Strain Injuries (RSI's) are prevalent throughout industry, from carpal tunnel syndrome, tendonitis, to ITBS. Learn what causes these injuries, and discover how biomechanical analysis can help you to identify your weak links. During the workshop, you will have a chance to try some of the most effective exercises for common RSI's.

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### Resolving and Preventing Back Pain

Back pain is one of the most prevalent injuries in the modern workforce. Attend this brief presentation to understand the **core connection** for your back pain, and learn some exercises and self-myofascial release techniques for your weak links.

Find out when treatment can help, and when exercise is the key to resolving your back pain.



### Resolving and Preventing Shoulder Injuries

Are you spending long hours at the desk, in front of a computer? Are you lifting or moving heavy weights all the time? Then you probably have experienced shoulder pain at sometime during your career. Learn about the role of your shoulder in the kinetic chain, and pick up some exercise to help you deal with the pain and discomfort.



### Carpal Tunnel Syndrome—Suffer No More!

Do you spend long hours using a keyboard? Or perform repetitive actions with your arms and hands. Then, you or your friend, have probably encountered Carpal Tunnel Syndrome. Contrary to popular belief, this condition can actually be resolved quite effectively, without the use of braces and without invasive surgery.

Discover how in this engaging and interactive seminar where you will discover the real cause of this syndrome, and how you can resolve it with a carefully designed regime of exercise and cutting-edge therapy.

### Dr. Brian J. Abelson



Internationally best-selling author and instructor, **Dr. Brian Abelson DC**, is the Clinical Director of **Kinetic Health**, an innovative health care facility that places a special focus on getting people back into an active, pain-free lifestyle.

**Dr. Abelson** has been in clinical practice for over 20 years. In addition to being a Chiropractor who has received an award for clinical excellence from Palmar West University in San Jose, California. He is a fully certified practitioner of Active Release Techniques (ART) . Dr. Abelson was also involved in teaching Active Release for over 10 years, and wrote the first book on this subject for the general public.

Besides his involvement with ART, Dr. Abelson is a certified practitioner of Fascial Manipulation (FM), Graston Technique (GT), Acupuncture (TCM), Nutritional Therapy, and Sports Medicine. **Dr. Abelson** brings extensive experience in biomechanical analysis, treatment of sports related injuries, and sports performance.

Currently he is working on his next book "*Resolving Plantar Fasciitis*", which will be available for purchase in the spring of 2014. In addition, he is developing a multi-disciplinary educational program which he and Dr. Mylonas will be teaching to practitioners in 2014. In his spare time **Dr. Abelson** loves travelling, culture, Latin dance, and spending time with his family. He also believes in practicing what he preaches working out most days, competing in marathons, triathlons and adventure races for the last thirty years.

### Dr. Evangelos Mylonas



**Dr. Mylonas DC**, graduated from the University of Western States in Portland Oregon with a doctorate of Chiropractic, and has been in clinical practice for over 10 years. For six of these years, **Dr. Mylonas** ran a very successful practice in the Netherlands. He is fluent in several languages besides English, including, Greek and Dutch, and is now developing his skills in French.

His integrated treatment approach combines the latest in manipulative and soft-tissue therapies with functional rehabilitative exercise protocols. He has been an Active Release (ART) practitioner since 2002, is fully certified in *Fascial Manipulation* from the *Stecco Medical Group* in Italy, in addition to the numerous techniques that he brings to clinical practice.

**Dr. Mylonas** has extensive experience working with a wide variety of patients ranging from amateur sport enthusiasts to professional cyclists, soccer players and competitive dancers. In his spare time he loves to spend time with his family, and is involved in a very active live style. In addition he spends numerous hours each week writing and is heavily involved in course development for this next year.



### **Kinetic Health**

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