



# Lunch -n- Learn

*Striving for a Healthier Community Through Wellness*  
*Sponsored by: Dr. Bare & Integrative Healthcare*

- |  |  |
|--|--|
| <input type="checkbox"/> Proper Lifting                | <input type="checkbox"/> Weight loss                               |
| <input type="checkbox"/> Spinal Screenings             | <input type="checkbox"/> Proper Nutrition                          |
| <input type="checkbox"/> Custom Wellness Consultations | <input type="checkbox"/> Proper Workplace Ergonomics               |
| <input type="checkbox"/> Eliminating Stress & Fatigue  | <input type="checkbox"/> Solutions for Headache/Migraine Sufferers |

1. Company name: \_\_\_\_\_
2. Number Attending (limited to 25/class): \_\_\_\_\_
3. Contact Name: \_\_\_\_\_
4. Questions: \_\_\_\_\_  
\_\_\_\_\_

Companies who have taken advantage of our complimentary services:

- |                                     |                              |
|-------------------------------------|------------------------------|
| • City of Ocala                     | • Staples                    |
| • Chambrel Assisted Living Facility | • American Cancer Society    |
| • Telecom Service Bureau            | • Marion County Schools      |
| • Wal-Mart Supercenter              | • College of Central Florida |
| • Chick-Fil-A                       | • FAFO                       |

**FAX to 352-369-6329 or call Erika at 352-369-6325**  
**[www.LivePainFreeOcala.com](http://www.LivePainFreeOcala.com)**