

# Perth Integrated Health Clinic

Corporate Health  
& Wellness Programs



## Introduction

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The time for mundane health programs that focus on material designed twenty years ago is over.

Participants demand programs that are interactive, innovative and practical in nature. They want to challenge, be challenged and utilise knowledge gained from these programs for their own health well being and that of their families.

Astute companies now employ the Perth Integrated Health Clinic's programs to motivate, treat, facilitate and improve the welfare and wellbeing of their staff. Their investment in human potential is rewarded with greater wealth of mind, body and spirit which directly translates to workplace productivity, great performance and less negativity.

Come and be a part of these innovative health programs that are designed by hands on practitioners specialising in their field of expertise and training.

Make a start today and enquire about the Perth Integrated Health Clinic's vision of health and wellness in the workplace.

Ian Wee  
DIRECTOR

## WORKSTATION ERGONOMICS



Have you ever experienced an energy dive after sitting in front of the computer for a few hours?

Do you feel neck/shoulder/low back discomfort developing?

As treating practitioners, we observe in daily clinical practice the important link between workstation ergonomics in the workplace, and the need for better posture and good biomechanics.

Come to this workshop to find out how to take a proactive approach to your health – practical workshop and can be conducted in the work station area. To be conducted by our resident Occupational Therapist.

DURATION: 1 HOUR.  
COST: \$400 + GST

## VEHICLE ERGONOMICS Correct Positioning in the Car

Do you spend prolonged periods driving around in your car?

Do you experience low back pain or feel a headache develop after driving?

If your answer is yes, then come to our Vehicle Ergonomics workshop to find out how the body's position in the car can affect your spinal muscular system and energy levels.



To be conducted by our resident Occupational Therapist.

DURATION: 1 HOUR.  
COST: \$400 + GST.

## STRETCHING PROGRAMS



We are all told to stretch but do you know how? Learn a set of full body stretches which can be used whether you are just starting out or are more experienced.

Understand how and why stretching is so important for your spinal muscular system and the benefits of doing so.

It will prepare you for just about any workout, physical activity or help to reduce tension or stress. The stretches themselves are basic and easy to follow.

To learn more, come to an enjoyable and informative workshop conducted by our resident Occupational Therapist.

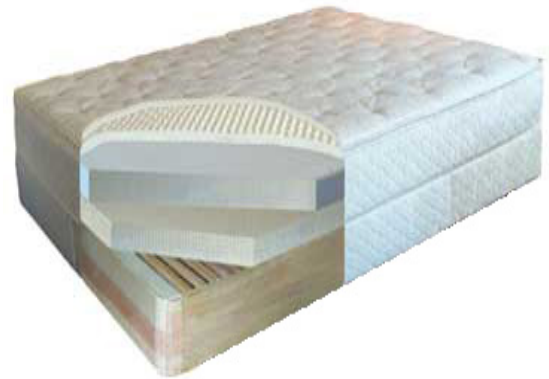
DURATION: 1 HOUR.  
COST: \$400 + GST

## GETTING A GOOD NIGHT'S SLEEP The Importance of Mattresses in Spinal Muscular Wellness

The average person will spend up to 1/3 of their lives sleeping. The importance of a mattress that provides appropriate support, comfort and rest is paramount not only to the integrity of your spinal muscular systems but also for harmony in relationships and provision of energy for the next day.

This practical workshop provides you with the practical tips and knowledge for bedding prescription. A self help questionnaire is provided to determine a suitable match for your spinal muscular system.

PIHC boasts the best intellectual and research knowledge on bedding in Australia with more than 12 years of clinical research and experience in this field.



DURATION: 1 HOUR.  
COST: \$400 + GST

## THE KEY TOWARDS AN OPTIMUM METABOLISM



Are you having trouble losing weight? Feeling sluggish? Craving junk food?

This workshop is a culmination of the latest research and understanding behind nutrition, weight gain, your metabolism and fat loss.

Come and discover how your hormones influence your metabolism, hunger, energy levels and ability to lose weight!!

Discover practical tips to identify foods to avoid and those foods to increase. This workshop is a must for those who want to learn more about - improving their metabolism/ diet, effective weight management and increasing their vitality.

DURATION: 1 HOUR.  
COST:\$400 + GST

## MANAGING FATIGUE IN THE MODERN AGE

Fatigue is the most insidious of conditions in this electronic age where up to 1 in 4 people complain of it at some time of their working life.

Do you feel tired and groggy when you wake up in the morning? Finding it hard to get through the day without yawning? Need that caffeine hit to get you going?

This workshop is aimed to help you understand more about your body's cycle and empowering coping mechanisms and tips to help you combat those fatigue blues. It may be more than just about getting enough sleep...!



DURATION: 1 HOUR  
COST: \$400 + GST

Looking after their future...

## Children's Spinal Muscular Health & Well Being



It is known clinically that it is easier to make changes to a younger and more pliable body before the development ceases. Understand the importance of the growing spinal muscular system, how genetics and the ergonomic environment play a part in your children's spinal muscular development. Many spinal muscular issues observed in adulthood are as a result of childhood imbalances.

This workshop educates parents to identify spinal muscular warning signs to maximise your child's potential and their ability achieve their very best in their lifespan.

This is an excellent workshop for companies wishing to reach out and promote health and wellness for their workers and their families.

DURATION: 1 HOUR.  
COST: \$400 + GST.

## Post Natal Wellness Child Ergonomics

Having a strong and healthy spine is vital in caring for your children around the home.

This workshop reinforces principles of manual handling techniques and looks at ways to carry out those activities that put parents in compromising situations of their spines.

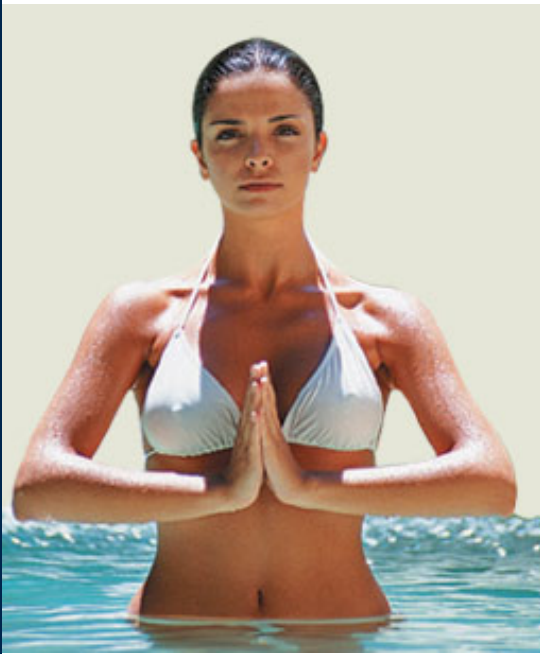
Topics covered in this workshop relate to carrying children, breast feeding, bathing, car seats, and positioning of cots in a child's room.

This is an excellent workshop for companies wishing to reach out and promote health and wellness for their workers and their families.

DURATION: 1 HOUR.  
COST: \$400 + GST.



## WOMENS' HEALTH & BREAST MANAGEMENT



Come along and learn the connection between how your bra can affect your spinal muscular system.

Lucy Liongue – Occupational Therapist featured in Channel 7's Today Tonight program with her research into this area. Tips on what to look for in a bra that is suited to your own spine will be covered.

Find out more about management of breast related conditions such as mastitis and spinal muscular issues including breathing, sleeping patterns, and energy fluctuations.

DURATION: 1 HOUR.  
COST: \$400+ GST.

## SPINAL MUSCULAR CARE & PREGNANCY

Pregnancy is a time of new beginnings and this workshop is aimed at educating families on how to prepare the body for pregnancy and to reduce the risk of complications including back, knee and mid back related issues.

The hormonal and weight changes associated with pregnancy can result in an increased load on the spine and the spinal muscular system.

This workshop covers basic anatomical changes during pregnancy and ways in which to care for your spine, or a loved one who is pregnant.

DURATION: 1 HOUR.  
COST: \$400 + GST.



## UNDERSTANDING MENOPAUSE



Are you one of many women who suffer one or more of the following symptoms: hot flushes, night sweats, headaches, emotional moods and falling libido.

Do you know of other women who suffer similar symptoms? You should be considering these aspects of your health, despite your youth, because menopause is inevitable.

Menopause is the change that signals the end of your childbearing years. It generally occurs between the ages of 45 and 55.

This workshop is designed to answer as well as prepare yourself for this stage in a woman's life and provide methods to ensure a smoother transition through menopause with fewer symptoms that interfere with enjoyment of daily life.

DURATION: 1 HOUR.  
COST: \$400 + GST

## MANAGING PREGNANCY & CHILDBIRTH, THE NATURAL WAY

At a time when convention drugs are contraindicated, natural remedies are safe for both mother and child, economical, easy to take and gentle but effective in their action.

One of the most important parts of childbirth can be the preparation. This workshop can assist you and your birth partner to feel prepared for childbirth and parent hood by discussing ways to minimise your chance of a complication free labour.

Topics covered include;

- Paying attention to diet, regular gentle exercise and relaxation.
- Common health problems and management.
- Maintaining optimum health.
- Planning for a time of rest and relaxation both before and after the birth.
- Using natural remedies to assist in pregnancy and childbirth.

DURATION: 1 HOUR.  
COST: \$400 + GST



*We believe in a holistic approach to health...*

## CHOOSING THE SHOES FOR YOUR FEET & BODY



By the end of your lifetime, you will have walked to the moon and back twice. Our feet do a lot of walking for us and we tend to pay little or no attention to them. Have you ever experienced an achy back or sore feet after going for a run? There is an explanation!

This is an interactive workshop that may save unnecessary problems occurring with your feet and the alignment of your body. Our practitioners are also experts in steel capped safety boot fittings and practical applications with a boot research program in 2006.

This workshop educates participants about warning signs for imbalances with the body and feet and practical tips on how to identify appropriate footwear.

DURATION: 1 HOUR.  
COST: \$400 + GST.

## EXERCISING YOUR SKIN

We spend hundreds of dollars in potions and creams, because we believe in the aesthetics and beauty of the body.

We invest a lot of time and money on the superficial body parts, however, tend to neglect what's underneath the skin layer despite everything we do is directly related to the biggest organ in our body - the skin.

The health of our skin is directly related to the level and circulation of toxins in our body.

This workshop highlights ways and means to maintain youth and vitality for your skin, the natural way in the 21<sup>st</sup> Century.



DURATION: 1 HOUR.  
COST: \$400 + GST.

Enhancing your performance in sports...

## ENHANCING YOUR GOLF PERFORMANCE



Having problems with your backswing? Down stroke, or follow through swing?

PIHC Director – Ian Wee has been involved with the treatment of golfers for the past 15 years. Apart from his involvement with the game at a personal level, he has been associated with the treatment of golfers at the professional and amateur level, golf clubs and corporate golf days.

Ian combines his extensive clinical experience to that of the game incorporating the essence of golf biomechanics in his treatment of golfers.

Those who wish to learn more about how biomechanical symmetry and spinal muscular balance can enhance their game of golf are encouraged to attend this practical workshop.

DURATION: 1 HOUR.  
COST: \$400 + GST.

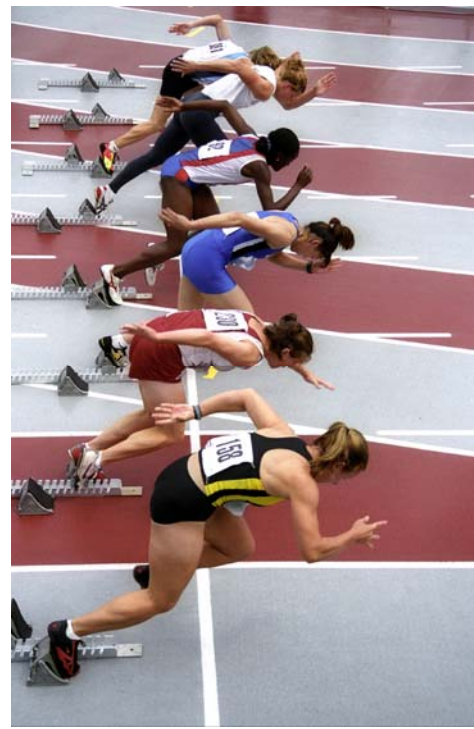
## MUSCULAR -SKELETAL HEALING

Exercising and sport is great for a healthy body, but sometimes our internal structures need some help to keep up.

Inflammation, pain, bone damage, weakening and damage to tendons and ligaments can all be relieved through natural methods to renew and rejuvenate nutrients in the body.

This workshop covers the basics of supplementation to assist in maintaining a healthy muscular-skeletal system and simple home prescribing remedies that can be used to assist in the healing of injuries and long standing complaints.

DURATION: 1 HOUR.  
COST: \$400 + GST



## VOICE DISORDERS AND THEIR MANAGEMENT



Losing your voice can mean time away from your career and an impaired ability to communicate effectively with others. Your voice can be one of the most powerful tools you have in the workplace, especially if you are working in a field that requires constant vocal projection e.g. as a fitness instructor, presenter or teacher.

Losing your voice through over use, illness or trauma can be avoided through the use of simple strategies when speaking on a day to day basis.

This workshop, conducted by a Speech and language therapist, assists you in making the most of your voice, the use of accurate speaking techniques and the reversal of damage to the over-used voice.

DURATION: 1 HOUR.  
COST: \$400 + GST

## PERSONAL HEALTH & FINANCIAL HEALTH

We plan specifically for the security of our home, cars, boats, the well being of our pets, children and grand children, yet little is done for ourselves. It is often also realised in medical circles that patients commence treatment at a time and state which their condition is irreversible or complicated.

If only these clients had the exposure of preventative care and wellness care rather than merely symptomatic care.



Wealth Management Partners (WMP) and the Perth Integrated Health Clinic (PIHC) have created a synergistic workshop for the personal and financial health conscious with the end goal of well being and positive longevity.

DURATION: 1 HOUR.  
COST: \$400 + GST

*Catering for the health needs of all individuals...*

## MEN'S HEALTH AND WELL BEING



Men are at a higher risk of experiencing serious illness and premature death than women. Men are more prone to cancer, heart disease and strokes. Most men also experience stress in their lives but are less likely than women to seek help in looking after their health. By the time they do their illness are often serious and more difficult to treat.

This workshop highlights the health issues that are common in men and interfere with daily living, reinforcing the need to attend to both physical and mental and emotional health.

Attend this workshop to find out how to maintain overall health and performance in men's health issues.

DURATION: 1 HOUR.  
COST: \$400 + GST

## SYSTEMIC HEALTH FOR YOUR CHILD, THE NATURAL WAY

This workshop covers some of the basic childhood illnesses and how to recognise and manage them.

Topics covered include;

- Common contagious illnesses e.g. chickenpox, mumps and measles
- Ear infections
- Conjunctivitis
- Impetigo
- Head lice
- Fever
- Skin rashes
- Coughs and colds



Participants leave better prepared to deal with the multitude of bugs that children are exposed to in the early years.

DURATION: 1 HOUR.  
COST: \$400 + GST

# Workshop Information

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The list appended above is by no means exhaustive. It provides an overview of some of the programs that we currently undertake for some of our corporate clients.

The price listing is current at the time of this publication and is subject to change without notice. Note that for each workshop appended above, the maximum number of participants permitted per session for the pricing indicated is 20 people. Companies wishing to undertake specific programs or attendance configuration should contact one of the two PIHC staff below for further information.

## For More Information

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