

WORK WITHOUT ~~PAIN~~

Desk work doesn't have to mean chronic pain. Learn ergonomic principles, movement strategies, and body mechanics that prevent and eliminate workplace pain.

- Ergonomic workspace setup
- Effective movement breaks
- Common pain pattern solutions
- Preventing repetitive stress

615-998-4357

www.DrJeremiahCox.com

WIN THE DAY

HEALTH TALK

Start each day with purpose and end it with accomplishment. Learn strategies to maximize productivity, eliminate time-wasters, and create lasting momentum in your personal and professional life.

KEY TOPICS

- Morning Routine for Success
- Time Management Strategies
- Building sustainable habits
- Mastering your Own Neuroscience

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FIGHT OR FLIGHT

Discover why you're stuck in chronic stress and learn how to rewire your nervous system for resilience. This talk breaks down the neuroscience of stress in plain English, revealing how your body's gas-and-brake system works and why it's stuck on "go." You'll understand the real impacts of living in survival mode and gain practical strategies to shift into healing, growth, and peak performance.

KEY TOPICS

- Neuroscience of stress
- Gas Vs. Break: Your Nervous System Explained
- Are You Stuck in Survival Mode
- Mastering your Stress Response
- Keys to Lasting Resilience

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