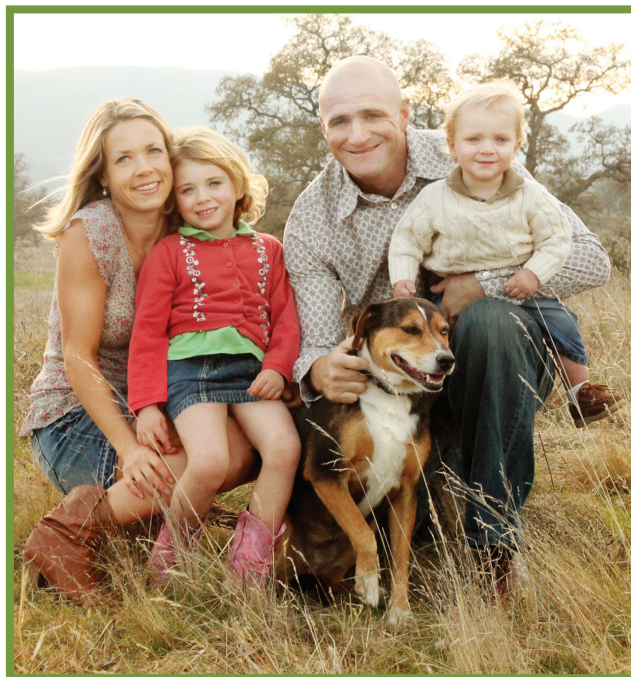




**Workplace Wellness**  
COMMUNITY WORKSHOP SERIES

*Helping you express life more fully  
and live on the path of wellness.*



Dr. Dubrul received his Doctorate in Chiropractic at Palmer Chiropractic College in 1993, where he graduated Salutatorian, with honors for clinical excellence. He has been practicing for 18 years on the Central Coast. In 2005, Dr. Dubrul became Wellness Certified through the International Chiropractic Association. With this training he is able to offer a true Holistic approach to attaining wellness.

Dr. Dubrul has presented to a wide variety of businesses including: The National Management Association, SLOCOG, Cal Trans, and Monterey County Chiropractic Society. Dr. Dubrul brings a unique blend of experience and skill to his work and embraces a philosophy of living life to its fullest. His audiences applaud his unique presentation style as stimulating, entertaining and informative.



## Workshop Topics Include:



### **Simple Stretches to Decrease Work-Related Injury and Increase Energy**

Simple, effective strategies to make your workplace safe and minimize on the job injuries that cost both time and money. Learn these proven techniques to increase energy, decrease injury and put them to work today.



### **Stress — It Doesn't Do Your Body Good**

Stress is also known as the “silent killer” and is the number one trigger of heart attacks. Approximately 75% of deaths can be attributed to the chronic stress caused by personal lifestyle choices. If you want to learn how to combat chronic stress and have the best chance of living longer with more vitality, you must attend this presentation.



### **Stand up Straight — The Relationship Between Posture and Your Overall Health**

“Pull your shoulders back!” As children, we were told to have good posture, yet we were seldom taught effective ways to accomplish this. Indeed, we were often not even told just what “good posture” is. Research shows that your posture is vitally connected to all your body functions. Learn proven techniques that you can put into play to improve your posture immediately.

*“What if you knew that TODAY you were going to feel really good?*

*What if — in addition to that — you knew that BECAUSE of your choices today you are going to feel even BETTER tomorrow?”*

*— Dr. Scott Drubul*

# Complimentary Community Workshop Series



## **The Five Secrets of the Ultra-Healthy!**

Simple; yet effective steps to put into practice NOW, allowing you to not only heal, but to enhance your life! Learn how science is proving exactly what we need to do to regain and maintain the health we were designed to have.



## **Great Nutrition is Essential to Aging Gracefully**

You are what you eat! Come see how to eat properly to allow your body to handle the stress that ages and kills! You will learn exactly what and how to eat so that you will decrease stress and increase life and vitality. You will leave with simple and effective methods to slowly change to a healthier way of eating without giving up all you love.



## **Painful Muscles and Joints Stopping Your Workouts? Pull the TRIGGER on the Pain Today!**

Learn a simple, yet effective method called Trigger Point Therapy to end the pain and stiffness in your muscles naturally. You will learn techniques that you can start using today to end the suffering you have been enduring for months or maybe even years. Dr. Dubrul will share specific exercises geared toward keeping you “Freed Up” in this fun and interactive workshop.



## **Unlocking Your Ability to Combat STIFFNESS AND PAIN Naturally!**

Creating Strength in Your Core so You Can Minimize Injuries and Maximize Function! A strong core is more than “six-pack abs”. A strong core helps your extremities do a better job while exercising, while playing sports, or while doing everyday chores. Learn why core exercises are vital for keeping you free from injury. Get ready to learn simple and effective techniques to create a natural “back brace” to protect you from injuring yourself and thus interfering with your life. These are techniques you can start immediately.

All workshops one hour or less are free of charge. Please ask about our fee schedule for our day or full day workshops.

**\*\*Labor code 6401.7 obligates employers to establish, implement and maintain effective injury prevention program.**

# Injury and Illness Prevention Program (IIPP) Workshop Trainings

Since July 1, 1991, California law requires every employer, regardless of business size, to have a formal, written Injury and Illness Prevention Program\*. If your office is inspected by Cal/OSHA, it will be the first thing the inspector will want to see. If you do not yet have your IIPP in place (or need to update your current plan) go ahead and schedule Dr. Dubrul's Community Wellness Workshops so we can help you create or enhance your current one. All workshops one hour or less are free of charge\*\*.

Dr. Dubrul's Community Workshops are designed for companies to assist them in enhancing their injury prevention practices, decrease stress as well as help you and your employees establish and maintain a wellness lifestyle. His on-the-job health and safety topics help give you, your employees & staff the most up to date information on health, handling stress, and prevention of injuries. This free service helps you meet your OSHA requirements as well as giving him exposure in the community.

**To schedule your complimentary workshop, please use the form below:**

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

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

Address: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Number of Employees: \_\_\_\_\_

E-Mail: \_\_\_\_\_

I'm a SLO Chamber Member ☐

Please schedule my company for one of Dr. Drubul's Complimentary Community Workshops. ☐

By Email ☐ By Phone ☐

\*\*Labor code 6401.7 obligates employers to establish, implement and maintain effective injury prevention program.

\*All workshops of one hour or less are free of charge. Dr Dubrul also does ½ day or full day programs. Please ask about our fee schedule for these longer programs.

Fax or mail completed form to:

Dr. Scott Dubrul, 1422 Monterey Street, Suite A-201, San Luis Obispo, CA 93401

Phone (805) 781-9155, Fax (805) 781-0141

# Complimentary Community Workshop Series

## Why am I included in the Injury and Illness Prevention Program?

In California every employer has a legal obligation to provide and maintain a safe and healthful workplace for employees, according to the California Occupational Safety and Health Act of 1973. As of 1991, a written, effective Injury and Illness Prevention (IIP) Program is required for every California employer. The term "employer" as used in the Cal/OSHA Act includes any person or corporation, the State and every State agency, every county or city or district and public agency therein, which has any person engaged in or permitted to work for hire, except for household services.

## How does having a Health and Safety Workshop benefit our company?

### *Accidents Cost Money*

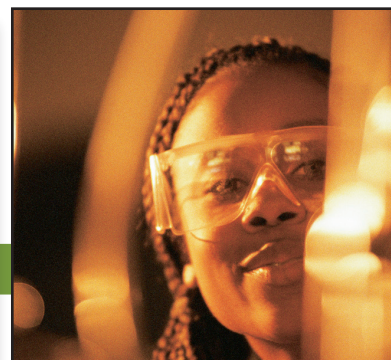
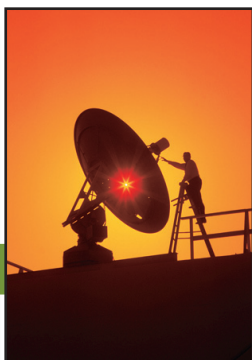
- Productive time lost by an injured employee.
- Productive time lost by employees and supervisors attending the accident victim .
- Clean up and start up of operations interrupted by the accident.
- Time to hire or to retrain other individuals to replace the injured worker until his/her return.
- Time and cost for repair or replacement of any damaged equipment or materials
- Cost of continuing all or part of the employee's wages, in addition to compensation.
- Reduced morale among your employees, and perhaps lower efficiency.
- Increased workers' compensation insurance rates.
- Cost of completing paperwork generated by the incident.

## Controlling Losses

If you would like to reduce the costs and risks associated with workplace injuries and illnesses, you need to address safety and health right along with production.

## Why should my company use an outside speaker?

- Using Dr. Scott Dubrul can lend a much higher level of credibility to your corporate message ... one that you can't get when your own people are presenting that information.
- Dr. Scott Dubrul knows how to engage the audience.
- Dr. Scott Dubrul customizes workshops to meet your company's needs.
- Members listen more carefully to the message of an outside speaker.







**Scott A. Dubrul D.C.**

California License #  
DC22650

### **Educational Background:**

Palmer Chiropractic College West,  
Sunnyvale California 1990-1993

Doctorate of Chiropractic  
Salutatorian, Cum Laude  
Cumulative G.P.A. 3.73  
Award for Clinical Excellence

California Polytechnic University  
at San Luis Obispo 1986-1990

Biological Sciences  
Cumulative G.P.A. 3.10  
Dean's list Winter 1987, Fall 1988

### **Technical Post Graduate Work:**

Advanced Muscle Palpation  
Advanced Biostructural Correction  
Bioenergetic Synchronous Technique  
Validating Chiropractic: Study of Current  
Research in Chiropractic

Chiropractic Wellness Certification  
Program 2005 Modules I, II, III, IV

### **Professional Speaker:**

- Monterey County Chiropractic Society 2000
- Cal Trans San Luis Obispo 2005, 2006, 2008
- National Management Society 2004, 2005, 2009
- Central Coast Water Board 2007
- SLO County of Governments 2006
- Clear Water Tech LLC 2006
- CASA of San Luis Obispo 2006
- Economic Opportunity Community of SLO 2005
- Air Pollution Control 2007
- Animal Care Clinic 2007
- JB Dewar Incorporated 2008
- San Luis Transitional Care
- Classical Academy 2008
- SLO Aviation Consultants 2007
- Central Coast Chest Consultants 2007
- Sycamore Resort 2007
- PG & E 2009, 2010
- Manse on Marsh 2010
- SLO Home Owners 2010

***"Let us help you to make your workplace  
safer for everyone." — Dr. Scott Dubrul***

