

RANDOLPH

PAIN RELIEF & WELLNESS CENTER

Workplace Wellness: A Lasting Investment In Your Business

Customize your on-site employee wellness event!

Lunch & Learns...

The Future of Healthcare: What It Means For YOU

Nearly everyone's overwhelmed by healthcare these days. So many choices, so many decisions, so much change. Dr. David Simon explains:

- ▶ Why the old ways are changing -- it's not just about cost
- ▶ Urgent care? ER? Family doctor? How to choose.
- ▶ How to make smart health and insurance decisions in this new world.

Movement is Medicine! Fitness At The Office

Do you spend your days glued to your computer or the phone? Does your energy sag mid-afternoon? Our solution doesn't require sweating or misery. Our pain prevention experts share:

- ▶ Simple energy boosts (some under 60 seconds!) that work whether you're sitting or standing
- ▶ Plus simple ergonomic tweaks to your work area that reduce physical stress

Quarterbacking Your Pain or Injury

"Quick-fix" pills, shots and surgery for pain and injury can leave our wallets lighter without fixing things. They can also expose us to serious complications. Our doctors give you:

- ▶ A 3-step strategy for treating pain and injury without risky drugs or surgery, based on 2017's American College of Physicians recommendations
- ▶ Tips when you need to consider surgery or prescription pain meds

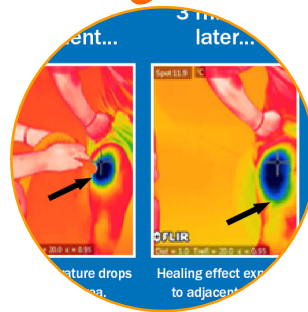
Employee Productivity Boosters



CHAIR
MASSAGE



WELLNESS
STRETCHES



TARGETED
CRYOTHERAPY



ACUPUNCTURE STRESS
RELIEF

You're in great company!

Concurso's Landscaping, Marty's Reliable Cycle, Carriage Club, Greenberg Traurig LLC, Randolph Township, Randolph Chamber of Commerce, Picatinny Arsenal, Randolph Middle School, Canfield Avenue School, Lakeview Elementary School, Ironia Elementary School, the Gran Fondo, County College of Morris, Brightview of Randolph, Lake Hopatcong Foundation, Randolph Rocks 5K and more!

Building healthy communities throughout Morris & Sussex Counties

CONTACT US TO PLAN YOUR EVENT! (973) 366-6615 or relief@RandolphPRWC.com