

LECTURE SERIES

Lecture Series



PICKERINGTON OFFICE
1700 CROSS CREEK BLVD.
PICKERINGTON, OH 43147

WESTERVILLE OFFICE
642 BROOKSEdge BLVD
WESTERVILLE, OH 43081

P 614.861.1333
F 614.861.2211

P 614.890.2740
F 614.890.8320

Emerging Wellness & Emerald Care Lecture Series

"The Wellness We Speak About"

Mission: Initiate a workplace of wellness which increases productivity, performance and poise, while decreasing chronic illness, acute injuries, unnecessary absenteeism, turnover and employee distractions due to depression and stress.

Topics By Category

SPORTS

Tips For The Weekend Warrior
Don't Let That Nagging Injury Hold You Back
Get Away From The TV And Into The Yard
Maximize Your Game
The Company Homerun: Don't Miss Work Rounding Third

WOMEN

Run Ragged: Helping Working Mom's Reduce Stress
The Female Stress To The MAX Factor
Weekend Wellness Shoppers: How Weekend's Revitalize
The Power of Flowers: How Romance Reduces Stress (A Co-Ed Course)

AILMENTS/CONDITIONS

How Weight Effects The Spine
Fibromyalgia: Solving The Mystery
Headaches That Don't Exist
Arthritis: Mornings Shouldn't Be Misery
MD, DO Nothing Seems to Relieve The Headaches
The Workplace: Don't Let It Be A Pain I Your Neck

INJURIES: BACK & SPINE

How You Sit Today Will Influence How You Stand Tomorrow
Family Spine Evaluation: See How Mom & Dad Line Up
We've Got Your Back: Injury Prevention & Back Pain
Sleeplessness By Subluxation
Keep Your Worker's Backbone In Line: It's The Backbone Of Your Company
We've Walked A Mile In Your Shoes
Office Space Ergonomics • Industrial Power: Life With Your Legs

WELLNESS ENRICHMENT

5 Keys To A Longer Healthier Life
90% Of The Time You Don't Know You're In Pain
Staying Positive: The Wellness X Factor
Do Something With Your Life: Start By Getting Well
The Seven Power Principles Of Success

STRESS

The Real Cost Of Stress
Office Space Ergonomics
Depression: The Single Most Costly Organizational Health Concern In America
Get A Grip On Stress • 5 Baby Steps To Stress Reduction
Lost In A Sea Of Sameness: Bad Habits To Beat
Harmony In A Stressful World

MUNICIPALS

We Care Like You Care: Healthful Living To Better Serve The Community
Municipal Excellence • I'm A Firefighter How Much Do I Weigh?

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HealthFirst Chiropractic Lecture Series Testimonials

“Living in a World of Sameness” Lecture

“You relate real life experiences we each have in a light we don’t normally think about.”
- Mark Law, P.E., Columbus Public Service Department

“Your presentation identified that each of us can make choices that change habits (of discontentment) and can make new habits, directed by our hand, in a direction of our choice. If the intent was to stir our minds, it worked.”
- Mark Law, P.E., Columbus Public Service Department

“Stress Management” Lecture

“Stress plays a role in all our lives, both emotionally and physically. The information and lessons that HealthFirst imparts are not only helpful on the job, but in each person’s daily life as well.”
- Don Pruden, Safety Coordinator, City of Pickerington, Ohio

Injury Prevention and Back Safety

“The feedback I received from our employees was overwhelming in regards to the knowledge you provided. I would recommend any employer set aside a few hours to hear your speech. I truly believe the information is valuable in reducing on the job back injuries.”
- Brad Essick, Safety/Health Specialist, Columbia Gas of Ohio, Inc.

“We have all been taught the proper thing to do (regarding injury prevention and back safety), but we can all use a refresher!”
- Stephen C. Arms, Training Captain, Madison Township Fire Department

“We still remember the four parts of the spine, the three parts of the nervous system, and the largest and smallest bone in our body. Everybody really liked the x-rays.”
- Mrs. Cofman’s Fourth Grade

“Providing a quality life experience is a total team effort and I’m very glad you are a big part of our team.”
- George W. Vickroy, Principal, Violet Elementary, Pickerington, OH

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Insurance Accepted by HealthFirst Chiropractic

Acordia National
Aetna
American Chiropractic Care
Anthem - Not in network
Automotive Distributors Business INC
Central Benefits
Cigna PPO
Commerce Benefits Group
Coresource
Coventry Health and Life
Definity Health
Direct Care America
EV Benefits
First Health
Great West - One Health Plan
Mail Handlers Benefit Plan
Med Ben Administrators
Medical Mutual
Medigold
Nationwide
NGS American - No chiro benefits
Ohio Health Choice
Palmetto GBA
Preformax
Private Healthcare Systems
R.G. Barry Group
UFCW
UHC
Unicare
More than 100 others... call for details.

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Emerging Wellness & Emerald Care Lecture Series

Pickerington School District
Reynoldsburg School District
Rainbow Station Day Care
Barnes and Noble
KinderCare
City of Pickerington (employees)
Pickerington Police Depart.
Violet Township Fire Depart.
Judy Gang & Associates
Staples
Coaxial Communications
Victory Fitness Club
Bally's Total Fitness
Columbus Police Depart.
Sam's Club
City of Reynoldsburg (employees)
Groveport Madison Fire Depart.
Madison Fire Depart.
Reynoldsburg Township Fire Depart.
Columbia Gas
Franklin County Board of Health
City of Columbus Public Service Depart.
Pickerington School District Admin Retreat
Groveport School District
Southwest Licking County School District

Festival/Expo

JO Plus Expo (Jan)
Franklin Co. Board of Health Healthfair (Feb)
Columbus City employee Healthfair (May)
Violet Festival (July)
Pickerington Rib Festival (Aug)
Baltimore Festival (Aug)
Reynoldsburg Bus. Expo (Aug)
Pataskala Street Fair (Aug)
Canal Winchester Labor Day + Parade (Sept)
Tomato Festival + Parade (Sept)
NBC Health + Fitness Expo (Oct)
Taste of Pickerington (Oct)
Womens Show Expo (Nov)

Stress Break Touch Point

Pickerington Schools

Diley Middle School
Pickerington Elementary
Harmon Middle School
Tussing Elementary
Violet Elementary
Pickerington Central H.S.
Lakeview Jr. High

Reynoldsburg Schools

Graham Rd. Elementary
Herbert Mills Elementary
Rosehill Elementary
Taylor Rd. Elementary
Slate Ridge Elementary
Wagoner Rd. Jr. High
Reynoldsburg Jr. High
Reynoldsburg High School
Pataskala Elementary
Gahanna Lincoln Elementary
World Harvest Prep

Other: Franklin County Board of Health

Lectures

World Harvest Prep (teachers in service)
Gahanna Help Center
World Harvest Prep teachers/parents
of football athletes (Parents + Coaches
meeting)

Other

School Career Days
Boyscouts Merit B
WHP School sports physician

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DR. DENNIS A. SCHONE

CEO/Founder

Undergraduate School

- Palmer Jr. College
- Black Hawk College

Graduate School

- Doctorate of Chiropractic
Palmer College of Chiropractic, 1981

Licensed by

- State of Ohio
- National Board of Chiropractic Examiners

Lecturer

- Corporate & Community

Post Graduate Studies

- 100 Hours of X-Ray Spine
Study Course
- Gonstead Technique
Research Seminars
- Continuing Education:
Whiplash Spinal Traumas & Soft Tissue Injuries, Permanent Impairment Rating
and Sports Injuries & Rehabilitation

Clinical Experience

- Over 24 yrs of full-time private clinical practice
- Managed & treated over 10,000 spinal cases

Membership

- Gonstead Clinical Society
- Ohio State Chiropractic Association
- Pickerington Chamber of Commerce (Past President 1994)



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DR. TONY BLEVINS

Clinic Director, Pickerington

Undergraduate School

- Shawnee State University

Graduate School

- Doctorate of Chiropractic Palmer College of Chiropractic, 2001

Licensed by

- State of Ohio
- National Board of Chiropractic Examiners

Lecturer

- Corporate & Community
- Stress & Health

Advanced Education

- Resident Assistant Chiropractic & Sports Rehabilitation
- Certified Strength & Conditioning Specialist

Clinical Experience

- Sole proprietor of Adams County Chiropractic 1 1/2 yrs
- Clinical Director of HealthFirst Chiropractic



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DR. JAN SCHONE

Clinic Director, Pickerington

Undergraduate School

- University of Tampa

Graduate School

- Doctorate of Chiropractic Palmer College of Chiropractic, 2004

Licensed by

- State of Ohio
- National Board of Chiropractic Examiners

Lecturer

- Corporate & Community
- Women's Health
- Sports Rehabilitation

Advanced Education

- Gonstead Technique Seminars
- Mally sports injury and extremity rehabilitation
- Charette extremity adjusting
- Pediatrics

Clinical Experience

- Palmer College of Chiropractic Clinics
- Clinic abroad in Bali, Indonesia
- Clinic abroad in Bolivia, South America
- Preceptorship at HealthFirst Chiropractic



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DR. JASON SCHONE

Clinic Director, Westerville

Undergraduate School

- Miami University

Graduate School

- Doctorate of Chiropractic
Palmer College of Chiropractic, 2004

Licensed by

- State of Ohio
- National Board of Chiropractic Examiners

Lecturer

- Corporate & Community
- Work Place Ergonomics
- Sports Rehabilitation

Advanced Education

- Gonstead Technique Seminars
- Personal and work injury rehabilitation
- Mally sports injury and extremity rehabilitation
- Charette extremity adjusting

Clinical Experience

- Palmer College of Chiropractic Clinics
- Clinic abroad in Bali, Indonesia
- Clinic abroad in Bolivia, South America
- Preceptorship at HealthFirst Chiropractic

