

***Your health is not something that just happens to you.  
It's not genetics or old age.  
It's the sum of all the small choices you make everyday.  
You don't have to suffer from poor health and become poor in the process.  
Learn to make better choices and you will live a happier and healthier life.  
It's that simple.***

## **Meet Dr. Joe Hoomany:**

- ***Health Lecturer***
- ***Wellness Consultant***
- ***Chiropractor***
- ***Personal Health Development Coach***

Dr. Hoomany is a nationally-known Wellness Consultant who inspires his audience to live happier and healthier lives.

His personal struggle with health issues and how he overcame them inspired him to devote over 35 years of his life helping others. He is an expert in nutrition and has worked at Van Ness Sports Chiropractic in San Francisco where he gained in-depth experience in sports nutrition and rehabilitation. He brings the knowledge of how top athletes maintain their health and reach peak performance to his audiences. He shows how the same basic principles apply to all of us.

Dr. Hoomany is on the front lines of health care everyday and he knows that a growing number of Americans need help in learning how to properly care for themselves. Rather than the crisis-care approach or waiting until a serious disease develops, Dr. Hoomany would rather help people make small changes in their lives that will dramatically reduce the amount of suffering and expense they will experience. He shows how to live a drug-free life that is full of energy and promise.

Dr. Hoomany has helped thousands of people by reducing the pain they feel, improving their nutrition, and teaching them to make better choices everyday. He believes that he must take this message into the workplace because employers have a vested interest in keeping their employees healthy and on the job. Working together with Dr. Hoomany, employers find that they not only save on their health care costs, but they also realize higher productivity, better morale, and higher retention. His presentations deliver a positive return on investment.

## **Contact Dr. Joe Hoomany**

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# **Get Fit Workplace**

Helping Employees Live More Productive Lives