

# Dr. Joe Hoomany

Health Lecturer, Wellness Consultant, Chiropractor, Personal Health Development Coach

*Dr. Hoomany's knowledge of living a natural lifestyle has taught me how to live a healthier life. He explains nutrition in a way that anyone can understand. He explains not only the how but the why eating right leads to better health.*

Linda Stouffer



## Presentations

- **Knowledge is Power!**  
With a basic understanding of how the body works, healthier lifestyle choices will start to make sense.
- **Energy is Power!**  
Understanding how your body uses food as fuel.
- **Control is Power!**  
Creating a plan for successful health management.
- **Health is Power!**  
Pulling it all together for a health-empowered life!

## Credentials

- Over 35 years of experience in nutrition and wellness
- Over 17 years in the medical field
- Certified in advanced sports nutrition and applied nutritional kinesiology
- Spoken nationally on wellness and health related topics
- Sought after expert on wellness programs
- Member of the Nebraska Chiropractic Association, the American Chiropractic Association and Toastmasters International

## Contact Dr. Joe Hoomany

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# Get Fit Workplace

Helping Employees Live More Productive Lives