



Attn: Human Resources Manager

Dear Sir/Madam

Thank you for your interest in our SPINEgroup® *Lunch and Learn Series*. Our employee SPINEgroup® Lunch and Learn Series is an opportunity for your employees to learn how to prevent injuries at work and how to maintain better overall health. This also helps your employees gain knowledge and insight into personal health and wellness which translates to increased productivity and satisfaction at work. Investing in the health of your employees has been demonstrated through research to increase your organization's bottom line.

We are offering this service complementary to your organization featuring our keynote expert speaker, Dr. Connie D'Astolfo, DC, PhD (c), CEO. The host organization must provide us with a room to host the event and a minimum of 15 employees must sign up for the seminar. The host organization may also consider offering refreshments for their employees. We will offer our "Lunch and Learn" series on Mondays (one Monday each month over 3 months) presenting 3 health topics including the following:

- Learn how to eat a healthy diet and maintain a healthy weight
- Spine/Back health and reducing occupational injuries
- Brain health : strengthen and maintain your cognitive health

The complementary *Lunch and Learns* are contingent on an agreement for SPINEgroup to provide exclusive ongoing onsite physiotherapy and/or massage therapy services to your employees on a monthly basis reimbursable through employee health benefits.

SPINEgroup also offers an innovative *Corporate Health Initiative (CHI) Program* which involves designing a health strategy for your organization tied to your organizational and employee needs. The cost of the CHI program is as little as 15 dollars per employee/month.

Our Corporate Health Initiative Program focuses on 6 key areas to help employees get healthier and to reduce your insurance premiums:

•On-going *Lunch and Learn Sessions* on nutrition, exercise, lifestyle choices and personal health responsibility, to address health risks leading to chronic diseases and injury, contributing to long-term disability, poor performance and high benefit costs

**Tel: (905) 850-SPINE | [www.spinegroup.ca](http://www.spinegroup.ca) | Fax: (905) 850-1871**

7611 Pine Valley Dr. Unit 1, Vaughan, Ontario L4L 0A2

Dr. Connie D'Astolfo Chiropractic Professional Corporation

- Providing onsite and preferred offsite access to all of our specialized clinical programs at a reduced rate, designed to increase workplace performance and cost-efficient use of health care benefits
- Understanding health risks of your employees and facilitating the most appropriate benefit package for your employee group
- Aligning customized corporate wellness with your corporation's strategic plan
- Addressing issues with change management
- Performance evaluation of your wellness program and your return on investment

For more info see our website: <http://spinegroup.ca/healthcare-management/corporate-wellness-care/>

I look forward to meeting you soon.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Connie D'Astolfo', enclosed in a thin black rectangular border.

**Dr. Connie D'Astolfo, DC, PhD (c)**  
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## About the CEO and Keynote Speaker:

### Dr. Connie D'Astolfo, DC, PhD (candidate)



Dr. Connie D'Astolfo is the President and Clinical Director of SPINEgroup®. Dr. D'Astolfo's commitment to clinical excellence and innovation was recently recognized by *Worldwide Who's Who*. SPINEgroup® is a healthcare services company dedicated to providing a "better than best" approach to clinical care, health management and consulting services. SPINEgroup was selected winner of 2012 and 2013 *Top Choice Awards* for Best Physiotherapy Clinic in Vaughan, Ontario. SPINEgroup's approach is directed at affordable and efficient health care management. Case management with state of the art technology and evidence-based protocols is the foundation of its clinical programs. SPINEgroup seeks to combine a strong service ethic with best patient outcomes.

Dr. D'Astolfo is a chiropractor, researcher and healthcare consultant. She has been registered with the College of Chiropractors of Ontario since 2001 and is currently pursuing a PhD in Health Management and Informatics at *York University*. Dr. D'Astolfo holds a Doctor of Chiropractic degree from *National University of Health Sciences* (Chicago, IL) and a post graduate diploma designation in Health Administration from the Faculty of Medicine, *University of Toronto*. She is also a certified Independent Chiropractic Evaluator. She has several published peer reviewed articles in leading academic journals and is a chapter author for two widely distributed clinical text books.

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