

**May 20th, 2009 NEHFD
National Employee Health and Fitness Day**

Presenter	Topic/Description	Time/Room
<p style="text-align: center;">HealthQuest Physical Therapy</p> <p style="text-align: center;"><i>Todd Cummings</i></p>	<p style="text-align: center;">Stay Limber As You Age</p> <p>With time comes tightness! Teaches different types of flexibility and important guidelines for stretching. Interactive</p>	<p style="text-align: center;">4:30 – 5:10 Bell</p>
<p style="text-align: center;">Daude Family Chiropractors</p> <p style="text-align: center;"><i>Dr. Claudia Daude</i></p>	<p style="text-align: center;">Clean Eating</p> <p>Healthy snacks and recipes for busy families</p>	<p style="text-align: center;">4:30 – 5:10 Curie</p>
<p style="text-align: center;">HealthQuest Physical Therapy</p> <p style="text-align: center;"><i>Todd Cummings</i></p>	<p style="text-align: center;">Control Your Physical Destiny</p> <p>“Pain may be inevitable, but suffering is optional” Teaches use of proper posture, ergonomics and body mechanics. Give yourself ammunition to manage and prevent injuries to maximize your physical abilities at work, home and play.</p>	<p style="text-align: center;">5:10 – 5:40 Bell</p>
<p style="text-align: center;">Henry Ford Macomb Hospitals</p> <p style="text-align: center;"><i>Kellie See</i></p>	<p style="text-align: center;">Heart Healthy Nutrition</p> <p>Interactive presentation teaches how to put heart healthy tips for nutrition into daily practice. Learn the things that really matter!</p>	<p style="text-align: center;">5:10 – 5:40 Curie</p>