

## SPEAKERS' BUREAU

TOPIC	DESCRIPTION	CONTACT PERSON	CONTACT INFORMATION
Online travel agent		Cyndi Brown	A Living Angel Travel
Owning Your Own Business		Cyndi Brown	A Living Angel Travel
Home Healthcare		Cyndi Brown	A Living Angel Travel
Chiropractic Care		Dr. Lewis	Lewis Chiropractic
Science-related items		Dr. Lewis	Lewis Chiropractic
Peak Energy		Dr. Lewis	
OSHA Guidelines		Dr. Lewis	
Lifting Techniques		Dr. Lewis	
Bio-mechanics, Spine and Nerves		Dr. Lewis	
ProStretch Techniques for Sports Athletics		Dr. Lewis	
Life Goal Setting	Demonstrate to young people how you can make your dreams reality. Use a volunteer and a large stand up pad of paper so all can see, and identify their desires 10 years from now if nothing held them back. List what those dreams would look like in the following areas; income, house, vehicles, clothes, family, friends, job, charity, skills, health, etc. Following those topics, list where you would need to be at the 5yr mark, then the 1 yr mark, and finally 3 months from now. Breaking it down into bite size pieces sparks the revelation to all in attendance, that all of sudden my dream is not just possible but I "can" do it. This exercise is something everyone can take with them wherever they go, or whatever they wish to do in life.	Marc Voegele	Express Personnel
What Your Parents Didn't Tell You	Distribute a preprinted sheet of paper that lists typical items found on a household/ personal budget. Have each individual fill in their own numbers of what they expect. Extrapolate the numbers to demonstrate the annual income (and per hour equivalent) needed to fulfill the budget. After they pick themselves up off the floor, provide them information on what different types of job pay (jobs from college, vocational schools, unskilled labor, etc), and what is required to achieve those jobs. Mix in factual data along with practical or anecdotal requirements. This could include everything from establishing credit, ability to balance a check book, no visible tattoos, etc. The point is to educate them in areas they already expect but also in areas they haven't considered yet. Hopefully this will enable them to connect the value of what they are learning in school and how it will benefit them afterwards.		
Resume writing		Dawn Mushill	Troy Area Chamber of Commerce
Interviewing tips		Dawn Mushill	Troy Area Chamber of Commerce
National Road History	Authorized by President Thomas Jefferson in 1806, the National Road was the first	John Goldsmith	National Road Association of Illinois

	federally funded road in American history. The intention was to connect the state capitols from Maryland to Missouri; however, funding ran out when the road reached Illinois. Learn the history of this historic road, its importance to early American history, and its role in today's world.		888-268-0042 or 618-322-2936.
Business side of music	Will address songwriting, performing, attitudes, the business die of music and other entertainment related subjects.	Robb Bledsoe	
Troy Historical Society Members	The Troy Historical Society members can speak to school children at their school room or can schedule a visit to the cabin during the school year. Appointments are necessary. For a school it is free; however if an adult group wants a talk etc., we will do it for a donation to the Troy Historical Society.	Mae Grapperhaus	667-3111 667-6662
Stay Fit While You Sit: Ergonomics for a Healthier You	Millions of Americans spend millions of hours each year sitting on the job. Managers, receptionists, computer operators, and many others may be surprised to find that their health issues can be improved through purely natural means. This lecture will educate the audience on how they can prevent problems like neck and back pain and Carpal Tunnel Syndrome by sitting properly and setting up their workspaces properly. It will also give them exercises that they can do during their breaks that can increase performance and productivity. M. Chad Faulkner, D.C.	M. Chad Faulkner, D.C.	654-3000
How to Prevent Musculoskeletal Disorders in the Workplace	An Educational Approach to Injury Prevention and Safety Reduce on-the-job injuries and Workman's Compensation claims by educating employees about what Musculoskeletal Disorders are and how to prevent them. Our professional healthcare motivational and keynote speakers will educate your audience on the warning signs and symptoms of a musculoskeletal problem, what can cause them both at work and at home, what the risk factors are, and how to prevent them from occurring.	M. Chad Faulkner, D.C.	654-3000
Natural Solutions to Headache Pain	Millions of Americans suffer from chronic headaches. This results in millions of doctors visits, millions of lost work days, and billions of dollars in medical bills. This presentation was designed to educate the audience about the different types of headaches, what causes them, how to prevent them, and safe, natural and effective alternatives to treating them.	M. Chad Faulkner, D.C.	654-3000
Stretching Your Way to Good Health	Improve morale and productivity while reducing Worker's Compensation liability. Educate your employees about musculoskeletal disorders and how they can prevent injuries through stretching exercises. The speaker will explain musculoskeletal disorders and their symptoms, how a lack of proper exercise can increase the risk of	M. Chad Faulkner, D.C. and Staff of Core Health Group	654-3000

	injury, examine the audience for existing physical problems, and demonstrate stretching exercises to increase limberness and reduce the risk of injuries.		
Carpal Tunnel Syndrome: A Multi-Faceted Approach for Repetitive Strain Injuries	In this presentation the audience will learn what Carpal Tunnel Syndrome and Repetitive Strain Injury are and how to prevent them. The audience will also learn how these conditions can be effectively treated without drugs or surgery.	M. Chad Faulkner, D.C.	654-3000
Health and Stress Workshop	Stress is the underlying cause of most illnesses. This lecture will educate the audience on the symptoms of stress, how stress affects the body's overall health, and what a person can do to relieve stress both at work and at home, so that they can feel better and enjoy life more.	Stephanie Faulkner, N.P.	654-3000
Natural Approaches to the Prevention and Treatment of Low Back Pain	Millions of Americans will suffer from low back pain at least once in their life, and many will turn to medications or surgery to alleviate the pain. This presentation will give your audience a thorough understanding of the types and causes of low back pain and offer them safe, natural and effective approaches to preventing, treating, or recovering from low back pain.	M. Chad Faulkner, D.C.	654-3000
Arthritis: Alternative Approaches to Preventing and Relieving Joint Disease	Over 50 million Americans suffer with joint disease. This presentation educates the audience about what arthritis is, who is susceptible to arthritis, what causes it, how to relieve it, and steps to help prevent joint disease.	M. Chad Faulkner, D.C.	654-3000
Five Secrets to Looking and Feeling Younger/Permanent Weight Loss/Diabetes	These presentations cover three of the most serious concerns for the American public: Looking and feeling better and younger, losing weight, and helping diabetic symptoms. This presentation will educate the audience about how the body and metabolism works, why most diets don't work, the true value of being healthy and fit, how food, water, and medication play a roll in their health and how pain limits a person from achieving their full health potential!	Stephanie Faulkner, N.P.	654-3000
Balancing Hormones Naturally	A Holistic Approach to Women's Hormone-Related Health Concerns Over 80 million women in the U.S. currently suffer with PMS and symptoms of menopause. Many of these women are confused as to what health options are available or even right for them. This lecture will educate the audience about natural alternatives to address problems related to hormone imbalances and menopause.	Stephanie Faulkner, N.P.	654-3000
A Drug-Free Approach to Attention Deficit Hyperactivity Disorder	Educate parents, teachers, day care supervisors or anyone who may be distressed by a problem child about safe, natural solutions to help improve behavior and performance. This presentation educates viewers about whether or not A.D.H.D. is in fact an actual "mental" condition and statistics showing the potential dangers of using drugs to treat these conditions the	Stephanie Faulkner, N.P.	654-3000

	benefits of alternative healthcare treatment and how it can alleviate and even, in some cases, eliminate the problem behavior.		
Understanding Fibromyalgia: A Holistic Approach to Chronic Pain and Fatigue	People who are suffering with fibromyalgia are desperate for relief from the constant nagging symptoms, pain and fatigue. The health care motivational and keynote speaker will educate the audience about safe, effective and natural alternative methods for addressing Fibromyalgia and chronic pain symptoms.	M. Chad Faulkner, D.C.	654-3000
Enhancing Athletic Performance with Chiropractic	More than ever, people are aware that fitness and health go hand-in-hand and so choose to lead more active lifestyles. Chiropractic can help both the fitness-conscious individual and the athlete to reduce their risk of injury and increase their performance. The professional health care keynote and motivational speaker will explain the various types of athletic injuries, how they occur, how they can be prevented, and how they can be recovered from more quickly	M. Chad Faulkner, D.C.	654-3000