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Specialists in Allied Health
www.LCPHealth.ca

LCP Health Workshops

Fueling for Sport	21 November, 2016
Office Ergonomics	06 February, 2017
Functional Fitness	10 March, 2017
Successful Meal Planning	30 March, 2017
Stretching For Work	18 March, 2017
Diabetes Prevention	04 April, 2017
Sports First Aid and Injury Prevention	20 April, 2017
Fueling for Sport	25 April, 2017
Improve Your Running (including Gait Assessment)	11 May, 2017
Office Ergonomics Assessor Certificate	18 May, 2017
Successful Meal Planning	01 June, 2017
Diabetes Prevention	19 June, 2017
Sports First Aid and Injury Prevention	20 July, 2017
Nonviolent Crisis Intervention	24 August, 2017
Successful Meal Planning	15 September, 2017
Office Ergonomics	12 October, 2017
Successful Meal Planning	23 November, 2017

** All Workshop dates are flexible contact admin@lcphealth.ca for more information.