



BEING WELL COMMUNICATIONS

SEMINARS

Dr. Verna Hunt, BSc, DC, ND, teaching hands-on therapy seminars.

SEMINAR 5 Connecting the Lower Limbs up into the Pelvis:

What keeps a connection from lower limbs into the pelvis?

Assuring that lower limb functionally lasts a lifetime depends upon the neuro-musculo-skeletal integration to the rest of the body, particularly the pelvis. When the pelvic floor and core muscles are not working in concert with the lower limbs, due to injury or pelvic organ dysfunction, the natural harmony of movement in spacial relationship to gravity decompensates resulting joint deterioration, organ malfunction and metabolic stasis. Assessment and treatment of the connection between the lower limbs and pelvis begins at birth until the elder years, often beginning and ending with imbalance and many injuries in between. Manual therapies can alleviate and treat the cause to ensure optimal movement for a lifetime.

DATE:

September 26, 2020 • 8:15 a.m. – 5:00 p.m.

LOCATION:

Viriditas Herbal Products, Ltd.
2775 Dundas St. West, Suite 101, Toronto, Ontario

FEES:

One person: \$224.87 (HST INCL.) • Two people: \$339.00 (HST INCL.)

Eligible participants are licensed practitioners for hands-on therapies:

ND • DC • RMT

TO REGISTER, FILL OUT THE FORM AND SEND TO:

verna@beingwellcommunications.com

Space is limited to 15 participants, so register ASAP.

For more information visit: www.beingwellcommunications.com/events



SEMINAR 5

Connecting the Lower Limbs up into the Pelvis:

What keeps a connection from lower limbs into the pelvis?

Assuring that lower limb functionally lasts a lifetime depends upon the neuro-musculo-skeletal integration to the rest of the body, particularly the pelvis. When the pelvic floor and core muscles are not working in concert with the lower limbs, due to injury or pelvic organ dysfunction, the natural harmony of movement in spacial relationship to gravity decompensates resulting in joint deterioration, organ malfunction and metabolic stasis. Assessment and treatment of the connection between the lower limbs and pelvis begins at birth until the elder years, often beginning and ending with imbalance and many injuries in between. Manual therapies can alleviate and treat the cause to ensure optimal movement for a lifetime.

The key learning highlights of this manual therapy seminar are:

- ♦ Visual walking/gait analysis and the effects of gait on the entire body;
- ♦ Palpation techniques of the muscles, bones, connective tissue and fascial areas of the legs, feet and connections into the pelvis;
- ♦ Assessing condition for causative factors, including plantar fasciitis, knee dyskinesia, hip joint mobility, pelvis floor issues, recovering from injuries, imbalance issues and more; determining manual treatment and external application of therapies;
- ♦ Assessment and treatment of issues arising from lower limb lymph drainage into the pelvis including bowel function, incontinence, swollen ankles, urogenital dysfunctions and more.

Power point slide notes will be sent to each participant a few days before the seminar for you to print or bring on computer/tablet.

For information on future seminars visit:

www.beingwellcommunications.com/events



SEMINAR 5 REGISTRATION

Connecting the Lower Limbs up into the Pelvis: *What keeps a connection from lower limbs into the pelvis?*

DATE: September 26, 2020, from 8:15 a.m. – 5:00 p.m.

LOCATION: Viriditas Herbal Products, Ltd., 2775 Dundas St. West, Suite 101, Toronto, Ontario

FEES: One registrant – \$224.87 (HST INCLUDED) • Two registrants – \$339.00 (HST INCLUDED)

Eligible participants are licensed practitioners for hands-on therapies: ND, DC, RMT

REGISTRANT NAME(S) [1: FOR REGISTRANT #1 & 2: FOR REGISTRANT #2, IF NECESSARY]:

1: _____ ND DC RMT OTHER: _____

2: _____ ND DC RMT OTHER: _____

BUSINESS ADDRESS(ES) – STREET, CITY, POSTAL CODE:

1: _____

2: _____

PHONE NUMBER(S): 1: _____ 2: _____

EMAIL(S): 1: _____ 2: _____

EMERGENCY NAME(S): 1: _____ 2: _____

EMERGENCY PHONE NUMBER(S): 1: _____ 2: _____

PAYMENT METHOD:

(MAIL TO: Dr. Verna Hunt, 396 Pacific Avenue,

CHEQUE (to Being Well Communications) _____ Suite 201, Toronto, Ontario, M6P 2R1)

E-TRANSFER _____ (PAYMENT EMAIL: verna@healthandwellbeing.info)

CREDIT CARD (number, exp. date) 1: _____ 2: _____

CAN YOU BRING A MASSAGE TABLE? YES _____ NO _____

- Space is limited to 15 participants; three people will be working at a massage table. You will be touched and be touching other participants.
- Bring your own lunch. Herbal teas and healthy water provided.
- Wear loose, non-textured clothing that participants can palpate through during workshop segments.
- This is a scent-free seminar. Do NOT wear any perfumes or odour product, i.e. fabric softener, essential oils, body care products that have a smell, etc.
- Bring a pillow and blanket.
- Street parking available.
- REFUND POLICY: The deadline to cancel your registration is September 5, 2020. 80% of registration cost will be returned with cancellation by this date. If two people have registered together and only one cancels then the one coming to the seminar will pay the additional \$50.00 plus HST for single registration.