



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:**

**November 30, 2024 • 8:15 a.m. – 5:00 p.m.**

**LOCATION:**

**The Centre for Health & Well Being  
396 Pacific Avenue, Suite 201, Toronto, Ontario**

**FEES: \$250.00 (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 6 participants, so register ASAP and check your preferred date.

For more information visit: [www.beingwellcommunications.com/events](http://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](http://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?*

**DATES:** Saturday, November 30, 2024, from 8:15 a.m. – 5:00 p.m.

**LOCATION:** The Centre for Health & Well Being, 396 Pacific Avenue, Suite 201, Toronto, Ontario

**FEES:** \$250.00 (HST INCLUDED)

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

REGISTRANT NAME:

\_\_\_\_\_ ND DC RMT OTHER: \_\_\_\_\_

BUSINESS ADDRESS – STREET, CITY, POSTAL CODE:

\_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EMERGENCY NAME: \_\_\_\_\_

EMERGENCY PHONE NUMBER(S): \_\_\_\_\_

SEMINAR DATE: \_\_\_\_\_ NOVEMBER 30, 2024

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](mailto:verna@healthandwellbeing.info))

CREDIT CARD (number, exp. date) \_\_\_\_\_

- Space is limited to 6 participants for each date; 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. Wear nothing made of blue jean material.
- 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.
- Street parking available. A Green P parking lot can be found off Pacific Avenue, south of Dundas Street West.
- **REFUND POLICY:** The deadline to cancel your registration is 2 weeks before the seminar you're signing up for. 80% of registration cost will be returned with cancellation by this date.