



BEING WELL COMMUNICATIONS

SEMINARS

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

SEMINAR 4 **The Upper Limbs & Thorax:**

*How do compensations in the rib cage, its contents,
and the upper limbs affect well being?*

The function of the thorax and its contents is key to a good quality of life for without that the organs within, i.e. heart and lungs etc., could unknowingly deteriorate long before symptoms appear. Assessing for compromised function long before pathologies arise can be seen in the upper limbs, ribs, sternum, diaphragm, spine, clavicles, breathing patterns, heart and pulse rhythms etc. Dysfunction can be treated through manual therapies along with other modalities to improve and promote repair and restoration.

DATE:

October 5, 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



SEMINAR 4

The Upper Limbs & Thorax:

How do compensations in the rib cage, its contents, and the upper limbs affect well being?

The function of the thorax and its contents is key to a good quality of life, for without that the organs within (i.e. heart and lungs, etc.) could unknowingly deteriorate long before symptoms appear. Assessing for compromised function in the upper limbs, ribs, sternum, diaphragm, spine, clavicles, breathing patterns, heart and pulse rhythms, etc., long before pathologies arise is crucial. Dysfunction can be treated through manual therapies, along with other modalities, to improve and promote repair and restoration.

The key learning highlights of this manual therapy seminar are:

- ♦ Palpation techniques of the muscles, bones, connective tissues and fascia areas of the torso and upper limbs;
- ♦ Assessing conditions for causative factors, including rotator cuff injuries, 'frozen shoulder,' carpal tunnel syndrome and elbow problems, thoracic spine, clavicle, ribs, sternum and more; determining manual treatment and external application therapies;
- ♦ Breast health assessment, breast drainage techniques for women of all ages;
- ♦ Chest lymph drainage assessment and therapies for males and females of all ages;
- ♦ External assessment of the diaphragm, lungs, breathing, heart, thymus and thoracic ducts.

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 4 REGISTRATION

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REGISTRANT NAME:

_____ ND DC RMT OTHER: _____

BUSINESS ADDRESS – STREET, CITY, POSTAL CODE:

PHONE NUMBER: _____

EMAIL: _____

EMERGENCY NAME: _____

EMERGENCY PHONE NUMBER(S): _____

SEMINAR DATE: _____ OCTOBER 5, 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)

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. Do not wear underwire bras.
- 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.