

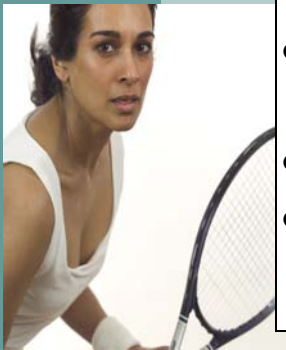
Peak Performance

A workshop for Performance and Endurance Athletes

Learn and Understand winning techniques that help eliminate fatigue, improve performance, and reduce risk of injury.

Topics Include:

- *Learn What Your Body Needs for Optimal Performance*
- *Minimize Strain and Stress*
- *Tips on Increasing Energy*
- *Preventing Fatigue*
- *Performance Stretch Clinic*



Presented By:
**Jupiter West Medical
Center**

Dr. Michael Papa, D.C.

675 Indiantown Rd.
Suite 203
Jupiter, Fl. 33458
(561) 744-7373

STAYING FIT WHILE YOU SIT

The information provided in this workshop is important to anyone who spends long periods of time sitting.



Participants will learn tips on how to sit properly and simple exercises to do at their desk to minimize chances of injury. This workshop also addresses repetitive motion injuries and what to do to avoid them.



Presented by Jupiter West Medical Center
Guest Speaker: Dr. Michael Papa, D.C.

For More Information Call:
(561)744-7373

STRESS:

The Causes and the Cures

An informative,
practical workshop
to give you the things
you need to improve
your health.

This informative, practical workshop allows the participants to:

- Discover how stress affects the body.
- How to recognize the causes and signs of stress.
- What simple things they can do at work or home to reduce the negative effects of stress.



Presented by:
Jupiter West Medical
Center

Guest Speaker:
Dr. Michael Papa, D.C.

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JUPITER WEST MEDICAL CENTER

HEADACHES:

The Causes and the Cures

*Presented By:
Jupiter West Medical
Center*

*Guest Speaker:
Dr. Michael Papa, DC*

*For More Information:
(561) 744-7373*

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Understanding
the neurological
and physiological
causes for all
types of
headaches.

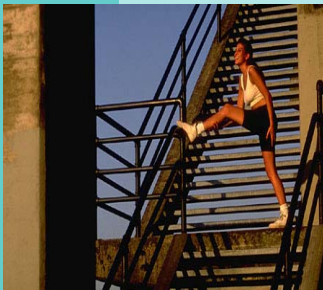


This workshop has emphasis on stress induced headaches as well as migraine headaches. The participants will have a better understanding of why they get headaches and they will be offered a non-drug solution.

Performance Stretch

Learn
Proper Stretch Techniques
for Optimal Sports
Performance and Injury
Prevention.

- *Sport Specific Dynamic Warm-Ups & Pre-game Stretches*
- *Core Strong Exercises and Stretches for Maximum Performance*
- *Post-Performance Cool Down and Static Stretches for Injury Prevention*



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