
Plymouth Chiropractor partners with General Mills for Division Wellness Day

MARCH 20, 2009: General Mills, a Fortune 50 Company will be hosting Chiropractor, Doctor Lori Goodsell, to present to their workforce multiple seminars on Chair Yoga, 5 Secrets to Achieving Optimal Health and Mastering Your Metabolism. She will be the key note speaker in an event on April 1, 2009 that includes multiple fitness demonstrations by various health related vendors including Core Power Yoga and Gear West Bike Shop.

General Mills regularly brings in speakers for 'lunch and learns' to present topics on health and wellness to their employees. They have won numerous prestigious rewards and have been recognized many times to their commitment to excellence within their workforce.

"The environment which most office workers are employed in requires a lot of time in a seated position at a desk. With practical and efficient strategies to employee wellness, employees are more productive and healthy. Employers that invest in workplace health and wellness recoup their investment exponentially", said Dr. Goodsell.

Active Family Chiropractic and Dr. Lori Goodsell are proud to be associated with such a prestigious company as General Mills.

For more information on how to host health and wellness activities at your office, call Dr. Lori Goodsell at 763-553-0387.