

Three Secrets for Less Stress & Greater Happiness

Stress can be overwhelming at times. It certainly can take its toll on your health, happiness and productivity at work.

Dr. Larry Duboff will show you...

- 3 easy keys to quickly reduce stress at work and in your personal life.
- A simple relaxation technique that can eliminate your tension in just a few short minutes.
- The secret to protecting your body from the damaging effects of stress.
- Stress free ways to handle difficult people.
- How to tame your tension so you can enjoy greater business and personal success!

For more information or to schedule Dr. Larry Duboff to speak to your group please call 561.479.4069



Larry Duboff, D.C

As a practicing chiropractic physician and wellness consultant for more than 20 years, Dr. Larry Duboff recognizes how effective stress reduction can have a positive impact on improving an individual's health, performance at work and level of happiness. Dr. Duboff is the author of *52 Tips for Less Stress & Greater Happiness* and has written articles that have appeared in both local and national publications. His entertaining stress reduction presentations are filled with simple solutions for a healthier, happier life.

On behalf of Right Management, I'd like to thank you for your presentations at our offices. The time you spent with us was very motivational and we appreciated the stress reduction techniques you shared."

Tom H. Shea, CEO Right Management Florida/Caribbean Region

"I have received very positive feedback about your presentation. Thank you again Dr. Duboff for coming to City Hall to share your secrets with our employees."

Dot Bast, Training and Development Manager, City of Delray Beach, FL

"Thank you for coming in and teaching us how to reduce stress and find greater happiness. Working in the mortgage industry we can sometimes forget how to de-stress, but your 3 tips really put things into perspective, and for that we are very appreciative.

Marlayna Schreiner, Human Resources, WCS Lending, LLC, Boca Raton, FL

"Your program was extremely well-presented. Some of the comments from our attendees include, 'interesting and well delivered,' 'thoroughly enjoyed the program' and 'great speaker.' Thank you."

Melissa Richie, Reference Librarian, Hagen Ranch Road Branch Library, Delray Beach, FL

**www.duboffchiro.com ♦ 8124 Glades Rd · Boca Raton, FL 33434
email: drduboff@duboffchiro.com**