

Leisa-Marie Grgula, D.C.

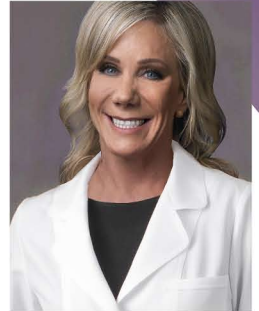
Corporate Wellness Speaker

Improving Our Health By Educating The Community

POPULAR TOPICS

Benefits to your company include: Reducing absenteeism, keeping your people healthier, happier and more productive. This will be the most entertaining and insightful hour they have ever spent.

- ◆ Eating Right Is Not A 30 Day Challenge, It's A Life Style
Giving the talk doing the walk Dr. Leisa teaches attendees how to easily make better health a lifestyle. She focuses on these simple, yet effective life style changes, rather than a quick fix.
- ◆ Diabetes The Right Foods, How To Prepare Them. Dr. Leisa discusses the right choices to make for diabetics, according to their tastes and condition.
- ◆ Acupuncture And Cupping For Peak Performance. The history and applications for acupuncture and cupping for different sports. Focusing on prevention, with these ancient proven modalities.
- ◆ Drug Free Pain Relief. Attendees will learn about successful alternatives to dangerous and addictive prescription pain killers.



What our audience has to say

- " Dr. Grgula spoke to our managers for our regional conference. Her lecture included skills that taught our managers how to take control of their health, and motivated them to teach their employees those valuable skills. I will definitely have her speak again at our future conferences."

Manny Ramos, Regional Director of Dining Services Maravilla SRG

- " Dr. Grgula's presentation was exciting and motivating. The audience left with more knowledge on her subject and was captured by her enthusiasm and expertise."

Helen Goldman, MBA

Greater Phoenix Mensa Program Chair

TO BOOK DR. LEISA PLEASE CONTACT:

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Dr. Grgula has been a Chiropractic Physician and Acupuncturist since 1995. She hosted her own radio talk show for 5 years in Sedona, Arizona. Her spirited show, "Raising Your Quality Of Life With Dr. Leisa-Marie Grgula", focused on trending health issues with a thrust on alternative, non invasive methods. She has frequently been a guest on Channel 7's Morning Scramble over the past 20 years, focusing on health issues and related cooking segments, and is currently a columnist for "The Sonoran News" in Cave Creek, AZ. She regularly speaks at venues such as large corporations including Honeywell, and school systems, including Paradise Valley School District. Dr. Grgula also speaks at large private communities, assisted living centers, and libraries. As an amateur bodybuilder, she applies her knowledge of healthy living to her daily life, and to her patients every day. Audiences are excited to have her return for future engagements, as her enthusiasm helps motivate them to easily make healthy changes in their lives as well.



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AccurateCare



Accurate Care Pain Relief Center