



ABSOLUTE CHIROPRACTIC

ERGONOMIC CONSULTATION

Home Education can be a pain in the neck. My back hurts! I'm hungry!
Parents, I can help your child's at home-school work set up.

WE NEVER EXPECTED THAT OUR KIDS WOULD BE IN A REMOTE LEARNING SITUATION THIS FALL. I CAN HELP SET UP YOUR CHILD'S WORK AREA FOR SUCCESS. YOU AS A PARENT MAY ALSO FIND YOURSELF WORKING FROM HOME WITHOUT A PROPER SET UP.

MY NAME IS DR. KENDRA TOMCIK AND I AM A CHIROPRACTOR AT ABSOLUTE CHIROPRACTIC IN ALAMO. I AM A GRADUATE OF UC BERKELEY, AND AN EXPERT ON EVALUATING POSTURE IN CHILDREN AND ADULTS FOR A HEALTHY SPINE. MY GOAL IS TO ASSESS AND IMPLEMENT STRATEGIES TO CREATE AN ENVIRONMENT THAT IS CONDUCTIVE TO OPTIMAL LEARNING AND MINIMAL DISCOMFORT. MY SERVICE CAN BE CATERED TO YOUR SPECIFIC NEEDS.

SERVICES MAY INCLUDE:

- Individual ergonomic work/school station assessment
- Finding at home solutions instead of expensive equipment for proper ergonomics
- Postural and biomechanical habit assessment
- Instruction on easy exercises and stretches to ease strained necks and backs
- Clearing out of space to allow focus and attention
- Healthy snack and lunch meal plans made easy

In Home OR Remote Consultations Available

COST:

\$79- Analysis

\$25- Each additional family member

If you would like more

information please reply to this email or
call our office at

925-314-0960

www.acalamo.com

Thank you!

Kendra Tomcik, DC