

Employee Comments

These are some actual comments from employees who have benefited from our program:

“Even though a cholesterol test is a fairly routine test, I likely would not have taken time from my busy day to go to a doctor’s office and have this done. I think that this program at work has made a profound impact on my life”.

“As a result of your session I have modified my lifestyle, incorporated my learning into my diet, and cut way back on certain foods”.

“Had we not had this testing done at the worksite, it would have been some time before I noticed there was a problem. I am hoping to avoid a triple bypass my brother had”.

Occupational Health Services

Our CORC team provides the following additional services:

- Occupational Health/Safety Consulting
- Biological/Chemical Hazard Training
- Respiratory Fit Testing
- Drug and Alcohol Education
- Shiftwork and Fatigue Management
- Occupational Immunization Assessment

Companies who have benefited from this program:

- Alberta Envirofuels
- Alberta Occupational Health Nurses Association
- Belfor Restoration Services
- Carewest

For more information please contact:

Eric Stein
780-444-2184
cdnrn@planet.eon.net

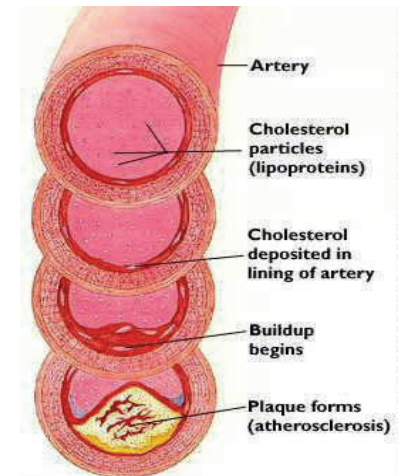
Canadian Occupational Resource Consultants Inc.

18521-92 A Avenue
Edmonton, Alberta, Canada
T5T 1P5

Phone: 780-444-2184
Email: cdnrn@planet.eon.net
www.canorc.com



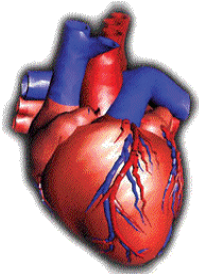
HEART HEALTH EDUCATION PROGRAM



Canadian Occupational Resource Consultants Inc.

Your employee health is a valuable resource

Heart disease and stroke is the number one killer of Canadians



High cholesterol and high blood pressure are silent killers, as people normally feel no symptoms before a sudden heart attack or stroke occurs.

This may lead to lost time from work, slow recovery, or even death.

This disease is preventable

What can your company do to prevent heart disease and stroke?

Your company can do the following to promote employee health:

- Educate staff about cholesterol and blood pressure using our heart health education program
- Encourage physical activity and healthy eating
- Provide health information for follow-up with a physician if necessary

Heart Health Education Program

Help prevent heart attack and stroke

The education program we offer has four key points:



TESTING

- Test cholesterol levels, blood sugar, and blood pressure
- Provide 10 year cardiac risk assessment



TEACHING

- Based on individual results
- Instructed by registered health specialists



PRESENTATIONS

- Teach practical ways to lower cholesterol and blood pressure
- Led by a registered dietitian
- Option to have physical activity session by exercise specialist



FOLLOW-UP

- Provide physician referrals as necessary
- Make other health provider referrals as necessary

CORC staff are experts in the fields of Occupational Health, Nutrition and Exercise Physiology