

AIHA Meeting_24 Feb @ 7:30am_Admiral's Baker Clubhouse

Sharpe, Brenda L LTJG [Brenda.Sharpe@med.navy.mil]

Sent: Monday, February 08, 2010 8:36 AM

Good Morning,

I would like to invite you all to our next AIHA meeting on 24 Feb @ 7:30 a.m at Admiral's Baker Clubhouse.

Presentation Topic:

PAIN FREE EARLY INTERVENTION PROGRAM IN THE WORKPLACE

The Pain Relief Program is an early intervention program that treats Muscular-Skeletal pain of all kinds in the body. Trauma Release™ Therapy (TRT) is deep hands-on treatment used by certified therapists to treat painful conditions. TRT is effective treatment for pain, and helps prevent soft-tissue pain by combining treatment, stretching, ergonomics, and proper body mechanics.

Presenter: Dell Dorn

Dell Dorn is the Founder and President of Dorn Companies. Since the Company's inception in 1998, Dell has been responsible for the management and development of the Company's proprietary Trauma Release(tm) Therapy and PainFree(tm) Programs for treatment of work related injuries and painful muscular conditions. He was trained as a Rolfer, a deep, hands-on body work therapy that is very effective for treating painful muscular conditions. Dell has independently studied causes of muscular pain and its treatment.

Where:

Admiral Baker Clubhouse
2400 Admiral Baker Rd. Bldg. 3604
San Diego, CA 92120
(619) 556-5502

Sign-in & buffet food service starts at 7:30 a.m. and the speaker will begin promptly at 8:00 a.m. Please plan accordingly to allow time for your visit to the buffet PRIOR to the speaker beginning.

PRICE:

The price for regular members is \$15.00 if reservations are made before Monday, February 22, otherwise \$20 after the deadline.

Non Members - \$20 before the deadline and \$25 after the deadline.

Students - \$10 on or before the deadline and \$10 after the deadline.

*To Register for Meetings: please register by going to our website (<http://www.sdaiha.org/>) and clicking on the "RSVP for our next meeting" button. If you have any problems, please contact Brenda Sharpe by replying back to this email (Brenda.Sharpe@med.navy.mil).