

Gaithersburg, MD Chiropractor Dr. Greg Swistak of Active Family Chiropractic Offers Workplace Health and Wellness Presentation Series for Washington, DC-Area Employers

Even in the midst of an ongoing national debate about the Affordable Care Act and a federal government shutdown, local chiropractor Dr. Greg Swistak of Active Family Chiropractic in Gaithersburg, MD continues to work with the Washington DC area's employers and employees to promote health and wellness in the workplace.

Gaithersburg, MD ([PRWEB](#)) October 11, 2013 -- Despite the ongoing debate over the Affordable Care Act and a government shutdown, Dr. Greg Swistak of Active Family Chiropractic in Gaithersburg, MD is continuing his mission to help the public learn about health and wellness in the workplace. In addition to running his busy chiropractic family practice, Dr. Swistak has been providing [health- and wellness-related presentations to both private and public sector organizations](#) around the region for the last fifteen years. "Around 1998, through discussions with my patients, I realized there was a great deal of interest in what people can do on their own to improve and protect their health" explains Dr. Swistak. "This was before Google was available to help people research these topics on their own. They had no knowledge of chiropractic medicine and few basic strategies to improve their overall health and wellness."

Dr. Swistak has recently offered workplace presentations in Washington DC, Maryland and Virginia on topics such as "Fighting Fatigue", "Seated Trigger Point Treatments", and "Backpack Safety and Back Injury Prevention". And it's not only the employees who benefit from Dr. Swistak's presentations. "Companies are looking for ways to educate their employees about health, because a healthier workforce can mean reduced insurance costs and improved productivity across the board. People miss fewer workdays, make fewer medical claims and generally feel better about work and their employer, especially when the employer shows they care about their employees' well-being."

Certain presentation topics generate sustained interest among employees, such as weight loss, pain management, and fighting fatigue. Dr. Swistak notes, "Those topics are always in demand. Ergonomics used to be a very hot topic, but it isn't as popular any more. I believe this is because a lot of companies address ergonomics in-house, both through education and improvements in workplace design. There have been substantial improvements in that area."

Dr. Swistak believes his on-site presentations can benefit any size company--from the smallest with 10 employees to the largest with thousands. He knows from experience that the key to a successful event is active promotion along with a genuine willingness on the part of management to allow and even encourage employees to make time during the day. "For these presentations to be as beneficial and effective as possible, there needs to be universal support and participation by management, as well as regular reminders about the upcoming events."

[About Dr. Greg Swistak and Active Family Chiropractic](#)

[Greg Swistak, D.C.](#) is a member of the Maryland Chiropractic Association and the International Chiropractic Pediatric Association. He is also a Fellow of the American Medical Acupuncture Society and a well-known lecturer on complementary and alternative medicine. He received his Doctor of Chiropractic degree in 1997



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