

Dr. Nekessa Remy

Injury Prevention Expert, Corporate Wellness Consultant, TV Health/Wellness Expert

Dr. Nekessa Remy's Biography

Dr. Nekessa Remy is a leading health and wellness professional with a passion for sharing her expertise on injury prevention and enabling others to be their own health champions. Her philosophy stems from her belief that healthy living is a RIGHT and not a privilege. Through her blogs, seminars and media appearances, Dr. Remy uses her knowledge and experience to educate others on how to become their health advocates.

With over 20 years' of experience in the rehabilitation field, Dr. Remy has developed an approach to injury management and postural rehabilitation that is based on current research and patient education. She is the owner and Clinic Director of Mississauga's The Chiropractic Office & Health Associates. The creator of the Better Posture Program, her online course teaches individuals how to sit up straighter and make permanent improvements to their overall posture.

Over the last few years, Dr. Remy has expanded her brand and become a sought-after health and wellness expert for various media outlets including, *CTV, CP24, Breakfast Television* and *Global Morning*. She has also facilitated corporate wellness workshops for major corporations including The University of Toronto, The Royal Ontario Museum, Jack.org and Nissan Canada.

Corporate Wellness Workshops

During Dr. Remy's corporate wellness workshops, she teaches teams how to maintain healthy posture and how to make the most of their workstation. In her ***Sitting up for Success*** workshop, attendees will learn the benefits of maintaining a good posture while they work, as well as how to incorporate mindfulness into their desk habits.



Workshop Keypoints:

- how to identify common workplace injuries and tips on how to avoid them with proper posture and movement
- cues to look out for to maintain healthy posture, stretches and strength training tips that will help improve posture long term.
- in her **ergonomic workshop**, Dr. Remy coaches teams on how to properly set up a workstation that promotes a healthy posture, while minimizing the risk of injury.
- several key factors that can impact a person's posture and give a practical demonstration of best practices in workplace ergonomics, whether at home or in the office.
- Attendees will be left with best practices to equip them to lead a healthier and more productive work life.