



Balance and Motion for Health

207A North Cloverdale Blvd. #244, Cloverdale, California 95425, Phone: 707-894-4544

www.BalanceMotionHealth.com, DrSheila@BalanceMotionHealth.com

What Clients Are Saying:

“Dr. O’Halloran’s pre-assessment before the class identified 5 very common actions they perform everyday. Her inclusion of these tasks during the interactive portion of the training brought all of the information together for a very effective and cohesive presentation. Several of my employees thanked me during and after the class because they felt they got such useful information from the class.”

Brad A.

Clark Pest Control

“After I took this class it made me realize how little information I had about proper lifting. About two months ago, our insurance representative gave us a class on proper lifting. The information I got from them was nothing compared to the information I got from Balance and Motion for Health.”

Miguel G.

Sonoma County Plumbing, Inc.

“With our concern for the health and safety of our employees and the skyrocketing costs of Worker’s comp insurance over the last few years, your presentation was MUCH NEEDED and indeed timely! You had a way of connecting and holding the crew’s interest....I personally appreciated your warmth and professionalism. You definitely went the EXTRA MILE as you visited job sites to view our teams “in action” to evaluate us and gain information helpful to setting up an obstacle course.....”

Sherry A.

Weeks Drilling and Pump Co.

“Employee response was overwhelmingly favorable and I observed employees implementing new practices right away. I highly recommend Dr. O’Halloran and Balance and Motion for Health.”

Paul W.

Peak Wines International

“A statistical review indicates that April of 1993 was significantly lower in the number of back injury claims than the same period last year and this is the telling factor in determining the success of any training.”

Rick Lavezzo, Safety Manager

BFI – San Mateo

“The information presented was well received and the employees found the back information interesting. Again, thank you for your time. Given the opportunity we would like to call on you again next year.”

Gary B.

PG&E, San Francisco

“I know our training schedules required you to give up some of your free time to accommodate us and we are very appreciative of your efforts. The feedback that I got from our officers was very positive and I am sure that they are all now more aware of the precautions that they should take in maintaining the health of their backs.”

Lt Jim C.

City of Foster City Police Department

“On behalf of the San Mateo Fire Department I would like to express our sincere appreciation for the time you took out of your schedule to put on the back care class for our personnel. Your willingness to tailor the class sessions to meet our scheduling needs was appreciated and to be truthful that is what made the program work. I have received many favorable comments which leads me to believe that this type of presentation was not only needed but appreciated by our folks.”

Harry B.

City of San Mateo Fire Department

“On behalf of the Senior Staff and Personnel of the Daly City Fire Department, we would like to express our sincerest appreciation for the six Spine Care Wellness Classes you instructed. Not only was your presentation well received and informative, it came at a time when the Department was in need of a “booster shot” to reinforce the necessity of proper back care. By stressing the full spectrum of a healthy way of life, you were able to focus on the awareness we all need to do the “right things” to maintain back wellness.”

Don C.

Daly City Fire Department

“I would like to extend my thanks to you and your staff for the excellent back program you put on for our Electric Construction Department. With strained backs being the number one injury in our physical work force, your presentation was very informative. Your program not only helps people physically, but also teaches how to care for our bodies, which is very important in physical labor.”

George B.

PG&E, Belmont, CA

“I would like to extend the appreciation of the Millbrae Police Department for the recent training that you provided to us. Everyone that attended our class found it to be most informative and plan to incorporate the techniques into their daily lives. It is comforting to know that Balance and Motion for Health has a sincere

desire to prevent injuries that law enforcement officers are too often confronted with.”

Michael P.

City of Millbrae Police Department

“Dr. Sheila O’Halloran presented to employees ranging from front line support to supervisors. Her presentation was timely, informative and provided personal attention to all seminar participants. Dr. O’Halloran was both pleasant and professional. As the wellness program coordinator, I am confident in Dr. O’Halloran’s ability to meet our employee’s needs and deliver this wellness topic in a professional and appropriate format. I would highly recommend her presentation.”

Diane V.

Cellular One

I first got to know Dr. O’Halloran through Rotary Club of Foster City. She is a very active, vivacious and outgoing participant of club activities which involve a great deal of community outreach. Professionally, she has treated patients I have sent to her in a very forthright, honest and professional manner. Those of us, who have been involved with similar activities, find her to be very positive, competent and capable. She is not shy or timid about facing problems and challenges head on. She is proud and happy to be who she is and gets things done. These are my impressions of Dr. Sheila O’Halloran.“

Wayne J.

“Our experience in working with Dr. O’Halloran has been very positive. Her strategies were very effective....We will be working with her over the next several years.”

Melanee S.

Allied Domecq

“As a result of your extremely effective training sessions, we are now purchasing more ergonomically sound equipment and our employees are now working more safely. Your enthusiastic training sessions made a great deal of difference to our business and you provided all of our employees with the necessary information and motivation to work safely!”

Mark H.

Hyatt, San Jose

“The information you presented was especially relevant and useful to our industry. The feedback from the participants was both enthusiastic and encouraging. Many have already taken the classroom information/demonstrations back to their direct work groups with positive results.”

Eduardo N.

UPS Center Manager, San Francisco

“Dr. O’Halloran was very helpful in guiding and supporting our promotional efforts. She provided us with creative ideas to advertise our Back Safety training campaign.....”

Nancy R.
Genentech