

# Plant and Rake Without the Ache

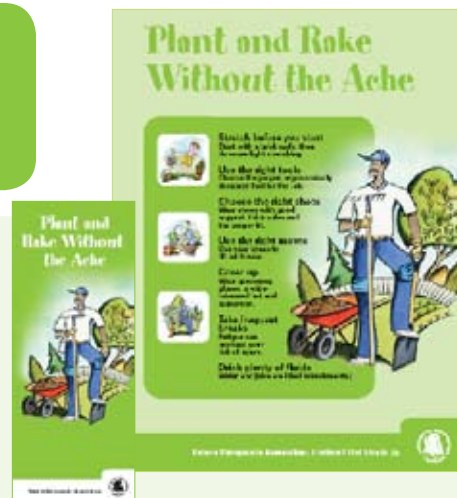
## OCA public education material order form

The **Plant and Rake Without the Ache** public education program is aimed at helping gardeners to avoid the stiff and sore joints and muscle, neck and back pain that sometimes accompanies work in the yard.

The program features tip sheets that outline proper warm-up exercises, stretches, lifting techniques and injury prevention strategies in a simple, easy-to-follow format. Visit the OCA website at [www.chiropractic.on.ca](http://www.chiropractic.on.ca) to view a copy of the material.

To order these materials, please complete this order form and fax or mail it to:

**Ontario Chiropractic Association**  
 200 - 20 Victoria St.  
 Toronto ON M5C 2N8  
 Toll Free: 1-877-327-2273, 416-860-0070  
 Fax: 416-860-0857 Email: [oca@chiropractic.on.ca](mailto:oca@chiropractic.on.ca)



## Gardening Program Material

These resources are available at no charge to the public.

Plant and Rake Without the Ache	Pkg Quantity	# of packages
NEW poster - 18"x24"	1	_____
NEW four-fold brochure	25	_____
Poster - 11"x17" - Smart tips to avoid sore joints, aching muscles and injuries	1	_____
Tips for a healthy back in the garden - 8½"x11" single sided tip sheet - blue	50	_____
Stretch before you start - 8½"x11" double sided tip sheet - orange	50	_____
Bend your knees to lift with ease - 8½"x11" double sided tip sheet - brown	50	_____
The right moves - the right tools - 8½"x11" double sided tip sheet - green	50	_____

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

The OCA offers a complimentary speaker service, in which a chiropractor from your local area can be made available to speak on the topic of garden safety and injury prevention. To facilitate this service, please provide the following information:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address (if different from above): \_\_\_\_\_

Date & time required: \_\_\_\_\_

Group Size: \_\_\_\_\_ Purpose/Event: \_\_\_\_\_