

Dr. Jeffrey Schels, D. C.



Dr. Schels is one of the most well spoken people I have ever met! It is clear that he is beyond passionate about communicating his message. The way he speaks draws the listener in and you cannot help but to be overcome by the desire to want to know more.

Texanna Martin

Temple Independent School District

Dr. Schels provides a wonderful presentation! He is engaging, informative and his message is very well received. We are looking forward to putting the information from his message into practice!

Jacci Albert

Temple Housing Authority

BEST CHOICE

Keynote & Breakout Topics

Turbo-Charging Your Immune System

- 1 Discover the top barriers to having a fully functioning immune system
- 2 Learn the true definition of Health
- 3 Action steps to dramatically improve you and your family's health today.

Stress Talk

- 1 The 3 causes of stress and their impact on your overall health
- 2 The most effective way to dramatically reduce stress
- 3 How to regain and maintain your health

Ergonomics Workshop

- 1 How to set up your workspace for maximum comfort
- 2 Maximize your health potential while working
- 3 How to prevent future damage to your health