



Media

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FOR IMMEDIATE RELEASE

**Foundation for Chiropractic Progress to Participate at 2016 IHC FORUM & Expo:
Tech Neck and Back Pain Workshop for Benefit Plan Sponsors**

HASBROUCK HEIGHTS, NJ – May 03, 2016 – The [Foundation for Chiropractic Progress](#) (F4CP), the voice of the chiropractic profession, will sponsor internationally renowned posture expert, [Steven Weiniger, DC](#), as a speaker at the [2016 Institute of HealthCare Consumerism \(IHC\) FORUM & Expo](#), May 24-26, 2016, Atlanta, Ga. Dr. Weiniger will lead a workshop featuring strategies to eliminate pain and successfully address tech neck and back to promote productivity and stress management in the workplace, May 25, 2016, 11:00 a.m.—12:00 p.m.

“With the rise in utilization of mobile and smart devices, individuals must be conscious of their associated postural habits and learn to counteract forward flexing of the head by keeping a neutral spine – head up and shoulders pulled back,” states Dr. Weiniger, founder, [BodyZone.com](#)® and creator of the StrongPosture® exercises. “Doctors of chiropractic (DCs) – who receive a minimum of seven years of higher level education – specialize in spinal health and wellness and can help to correct poor postural habits and suggest appropriate techniques that aid in the improvement of proper body mechanics and overall health.”

IHC FORUM & Expo is the premier conference offering companies proven, ready-to-implement health and benefit strategies. Its one-of-a-kind sessions, roundtable discussions and networking opportunities provide attendees with the ability to learn from industry experts, connect with health professionals and share valuable insights. The event attracts executive leadership, health plan administrators, wellness directors, brokers and consultants, as well as other professionals involved in healthcare.

F4CP sponsorship of IHC FORUM & Expo coincides with its annual celebration in May as [National Correct Posture Month](#) (NCPM), which also includes the distribution of educational materials, print communications and social media campaigns.

“Employers are continuously searching for innovative solutions to increase employee productivity and return on investment, and Dr. Weiniger’s presentation advances these goals with sound information about the clinical and financial value of good posture,” says Doug Field, founder & CEO, IHC.



About Foundation for Chiropractic Progress

A not-for-profit organization, the Foundation for Chiropractic Progress (F4CP) informs and educates the general public about the value of chiropractic care. Visit www.f4cp.com or call [866-901-F4CP](tel:866-901-F4CP) (3427). Social media: [Facebook](#), [Twitter](#), [LinkedIn](#), [Pinterest](#), [YouTube](#).

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