

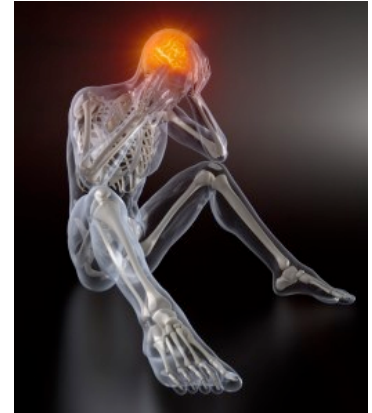


Stress Management Made Simple

How to Enjoy a Calm, Clear & Confident Mind

According to medical literature, 80% of all illness is related to mental stress. Clearly, no one can avoid having anxiety producing experiences in this lifetime. To enjoy peace of mind, this workshop will show you how to manage your emotions better and to reduce your anxiety without medication, *if you choose.*

Drawing on the new brain science called Neuroplasticity (how to rewire your brain for greater happiness), Dr. Schillinger will give you a proven “Way” to control your brain chemistry, so that you’ll enjoy more emotional well-being and deeper peace of mind. Best of all, the techniques take less than a minute to do!



You Will Know How to:

- * reduce your anxiety using mindfulness – based techniques
- * improve your time management skills
- * create simple, one minute health - building routines
- * avoid stress related illness & cancer

What Is the RIGHT Way®? The RIGHT Way is a personal growth method created by Dr. Schillinger that shows people how to develop clear, positive beliefs and creative, productive behaviors. It recognizes that there is no *one* right way to be healthy and happy, so it guides you to a way that is right for you, resulting in a meaningful and fulfilling life.

WHEN: Wednesday, June 28, 2017, 7 – 9:15 PM

REGISTRATION: Call 491 – 0959 or email Schillinger.chiropractic@Gmail.com
(Pre-registration highly recommended – limited to 15 participants)

WHERE: Schillinger Chiropractic & Wellness Center
1050 Northgate Dr., Ste. #1, San Rafael Ca. 94903

FEE: \$25

*** The workshop is open to both patients and the public**

“The RIGHT Way changed my focus to the positive. I no longer obsess about things. I feel better!” K.N.

“I’m learning how I can create calmness and harmony in my life.” P.B.

“The RIGHT Way keeps me calm and confident about things. It’s been a blessing for me.” S.K.



Dr. Mark Schillinger is an authority on personal growth and has mentored thousands of people to move their lives in the right direction in order to realize their true potential. He created The RIGHT Way® after 35 years of organizing the principles and practices of Eastern philosophy, transpersonal psychology, neuro-science and quantum physics. His workshops feature a holistic style of teaching which includes humor, live music, PowerPoint, open forum discussion, informative handouts and storytelling.

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