

The RIGHT Way®

Respect Intelligence Grace Humor True

How to Slow Your Aging Process

Older Growing with Spunk & Spirit

RESEARCH clearly shows that, as people age, they become fearful of losing their abilities to move their bodies without pain. They are concerned that they may not have enough energy to do everything they want to do, and they may lose the ability to think with a happy and clear mind.

By combining his proven techniques of The RIGHT Way® method, with the latest research in the fields of epigenetics (how your thoughts affect your genetic behavior) and neuroplasticity (how to rewire your brain with positive beliefs), Dr. Mark will show you how to enjoy an active lifestyle by quickly calming your mind, easily increasing your flexibility, and rapidly boosting your vitality – without drugs or surgery.



You'll learn how to look younger & feel better by:

- * avoiding the main causes of premature aging
- * preventing Alzheimer's & other forms of dementia
- * minimizing the possibility of having arthritis
- * determining the foods & supplements which are best for you
- * keeping your mind calm when dealing with stress

What Is the RIGHT Way?

The RIGHT Way is a personal growth method that will help you to enjoy greater physical health and mental clarity. It does this by creating a lifestyle that produces positive beliefs and productive behaviors. It recognizes that, while there is no one 'right way' to be healthy and happy, you can discover and master a way of life that's right for you.



Dr. Mark Schillinger, DC, is the creator of The RIGHT Way, and a pioneer in the fields of physical health and human development. By uniting brain-science, psychology and spirituality, he's been able to help people turn their challenging problems into understandable concepts and simple solutions. Using this method, he's helped thousands of people move closer toward realizing their true potential.

WHEN: Thursday, June 21, 2018; 7 pm – 8:30 pm.

TO REGISTER: Call 415-491-0959 or email: Schillinger.Chiropractic@gmail.com
(Pre-registration highly recommended – limited to 15 participants)

WHERE: 1050 Northgate Dr., Suite 1, San Rafael Ca. 94903

FEE: \$30