



Schillinger Chiropractic & Wellness Center

Vital Living Workshop

Dear Patients,

Each office visit includes chiropractic adjustments to restore your nerve flow which will correct your spinal problems and prevent arthritis. The best benefit of the chiropractic adjustment is that it will give you an energizing feeling of well-being and vital health. This occurs because the adjustment naturally increases the ability of your nerves to recharge themselves, which makes your muscles, organs, skin, and brain function at a higher level of effectiveness.

During the office visit there is not enough time for me to guide you with all of your natural health care needs and questions. The one hour **Vital Living Workshop** presentation will provide you with information and instruction on how to maintain an active lifestyle for your entire life. The topics include: how to stretch and do yoga properly, stress management, nutrition, injury prevention, how to care for your spine, and chiropractic wellness principles and practices.

You'll learn amazing information about how your body works and, more importantly, how to take great care of it, so that your body and mind supports you to have an active life for your entire life. I encourage you to come with an open mind and as many questions as you want.

This special time is scheduled as a regular appointment since you will be receiving treatment before the presentation begins. We recommend you bring your family and friends so that they can support you in your care and also learn how to significantly improve their health and well-being.

I am available to stay afterwards for those of you who need more time with me.

In Excellent Health,

Dr. Mark Schillinger, DC

MY GUARANTEE: The presentation will be fast paced, educational and entertaining. I guarantee you will be learning as well as laughing!

Vital Living Workshops 2020

Vital Living Workshops are Always Free of Charge to Patients and their Guests

January	<u>Jan. 8</u>	6:30pm	<u>Jan. 22</u>	12:30pm
February	<u>Feb. 5</u>	6:30pm	<u>Feb. 19</u>	12:30pm
March	<u>Mar. 4</u>	6:30pm	<u>Mar. 18</u>	12:30pm
April	<u>April 8</u>	6:30pm	<u>April 22</u>	12:30pm
May	<u>May 6</u>	6:30pm	<u>May 20</u>	12:30pm
June	<u>June 3</u>	6:30pm	<u>June 17</u>	12:30pm
July	<u>July 8</u>	6:30pm	<u>July 22</u>	12:30pm
August	<u>Aug. 5</u>	6:30pm	<u>Aug. 19</u>	12:30pm
September	<u>Sept. 9</u>	6:30pm	<u>Sept. 23</u>	12:30pm
October	<u>Oct. 7</u>	6:30pm	<u>Oct. 21</u>	12:30pm
November	<u>Nov. 4</u>	6:30pm	<u>Nov. 18</u>	12:30pm
December	<u>Dec. 2</u>	6:30pm	<u>Dec. 16</u>	12:30pm

Wellness Workshops

Throughout the year our office provides professional Wellness Workshops given by Dr. Schillinger and guest instructors to help patients improve their lives in the following areas: ergonomics, relationships, stress management, nutrition and weight loss, Seasonal Affective Disorder, parenting, emotional trauma, exercise, meditation, time management, yoga, organizational teamwork, anti-aging and more.

The workshops are given every few months in the evening at the office and online.

Fee: \$25.

Ask our staff for the yearly schedule or view it our website at:
schillinger-chiro.com/services/wellness-workshops.html

Wellness Workshops are Always Open to Patients and the Public