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SCHILLINGER  
CHIROPRACTIC  
&  
WELLNESS  
CENTER

Voted "Best Chiropractic Office: by the Independent Journal"  
DR. MARK SCHILLINGER D.C.  
Stress Management and Wellness Care

**Vital Living Workshop**  
Dr. Mark Schillinger, DC

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. If you are bringing guests, please let us know in advance so that we can provide enough food for everyone.

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 2011

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

<b>January</b>	<u>Jan. 6</u>	6:45p	<u>Jan. 13</u>	12:45pm	<u>Jan. 20</u>	6:45pm
<b>February</b>	<u>Feb. 3</u>	6:45pm	<u>Feb. 17</u>	12:45pm	<u>Feb. 24</u>	6:45pm
<b>March</b>	<u>Mar. 10</u>	6:45pm	<u>Mar. 17</u>	12:45pm	<u>Mar. 24</u>	6:45pm
<b>April</b>	<u>April 7</u>	6:45pm	<u>April 14</u>	12:45pm	<u>April 21</u>	6:45pm
<b>May</b>	<u>May 5</u>	6:45pm	<u>May 12</u>	12:45pm	<u>May 26</u>	6:45pm
<b>June</b>	<u>June 9</u>	6:45pm	<u>June 16</u>	12:45pm	<u>June 30</u>	6:45pm
<b>July</b>	<u>July 7</u>	6:45pm	<u>July 14</u>	12:45pm	<u>July 21</u>	6:45pm
<b>August</b>	<u>Aug. 4</u>	6:45pm	<u>Aug. 11</u>	12:45pm	<u>Aug. 18</u>	6:45pm
<b>September</b>	<u>Sept. 1</u>	6:45pm	<u>Sept. 15</u>	12:45pm	<u>Sept. 22</u>	6:45pm
<b>October</b>	<u>Oct. 6</u>	6:45pm	<u>Oct. 13</u>	12:45pm	<u>Oct. 20</u>	6:45pm
<b>November</b>	<u>Nov. 3</u>	6:45pm	<u>Nov. 10</u>	12:45pm	<u>Nov. 24</u>	6:45pm
<b>December</b>	<u>Dec. 8</u>	6:45pm	<u>Dec. 15</u>	12:45pm	<u>Dec. 22</u>	6:45pm

## Wellness Workshops 2011

**Yoga Intensives (For Beginners):** February 26<sup>th</sup>, May 21<sup>st</sup> and October 1<sup>st</sup>  
Yoga & Meditation for people who want to put together their own, simple 10 – 60 minute routines, using the basics of Yoga as taught in India.

**COST:** \$70 or \$60 when you bring a guest or attend more than one intensive per year (benefits the non-profit, Young Men's Ultimate Weekend).

**Get Your Mind Right:** How to Have Mental Clarity & Calmness—April 20<sup>th</sup>: 7:30-9:30pm  
This workshop will show you how to master your life practice by tapping into your Innate Intelligence to successfully navigate the challenging waters we encounter on our life journey.

**Eating to Gain Energy and Lose Weight** – October 19<sup>th</sup>: 7:30-9:30pm  
This workshop will show you how to find out which foods and supplement keep you functioning at a high physical and mental level while maintaining your optimum weight.

*All Wellness Workshops Are Open To Patients And The Public Alike*