



# Schillinger Chiropractic & Wellness Center

## Vital Living Workshop

Dear Patients,

Each office visit includes chiropractic adjustments in order to restore your nerve flow. Having the maximum amount of nerve force 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, in turn, 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 45 minute **Vital Living Workshop** 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 lifestyle 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 remain active 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 2018

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

<b>January</b>	<u>Jan. 3</u>	6:30pm	<u>Jan. 10</u>	12:30pm	<u>Jan. 24</u>	6:30pm
<b>February</b>	<u>Feb. 7</u>	6:30pm	<u>Feb. 14</u>	12:30pm	<u>Feb. 28</u>	6:30pm
<b>March</b>	<u>Mar. 7</u>	6:30pm	<u>Mar. 14</u>	12:30pm	<u>Mar. 28</u>	6:30pm
<b>April</b>	<u>April 4</u>	6:30pm	<u>April 11</u>	12:30pm	<u>April 25</u>	6:30pm
<b>May</b>	<u>May 2</u>	6:30pm	<u>May 16</u>	12:30pm	<u>May 23</u>	6:30pm
<b>June</b>	<u>June 6</u>	6:30pm	<u>June 13</u>	12:30pm	<u>June 27</u>	6:30pm
<b>July</b>	<u>July 11</u>	6:30pm	<u>July 18</u>	12:30pm	<u>July 25</u>	6:30pm
<b>August</b>	<u>Aug. 1</u>	6:30pm	<u>Aug. 15</u>	12:30pm	<u>Aug. 29</u>	6:30pm
<b>September</b>	<u>Sept. 5</u>	6:30pm	<u>Sept. 12</u>	12:30pm	<u>Sept. 26</u>	6:30pm
<b>October</b>	<u>Oct. 3</u>	6:30pm	<u>Oct. 10</u>	12:30pm	<u>Oct. 24</u>	6:30pm
<b>November</b>	<u>Nov. 7</u>	6:30pm	<u>Nov. 14</u>	12:30pm	<u>Nov. 28</u>	6:30pm
<b>December</b>	<u>Dec. 5</u>	6:30pm	<u>Dec. 12</u>	12:30pm	<u>Dec. 19</u>	6:30pm

## Wellness Workshops

Throughout the year our office provides professional 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.

Fee: \$25.

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

*Wellness Workshops are Always Open to Patients and the Public*