



Slinger Chiropractic:
A Creating Wellness
Center

January 2010

Jan. 12th- "45 Minutes to Freedom Workshop"

Do you feel as though you need **MORE ENERGY**? Do you question if you are **PERFORMING** at your best? Do you ever wonder if you are **TRULY** realizing your full health potential? Join us for this informational and interactive workshop. Discover what makes your body work, what keeps it running and learn how you can live your best life!

We welcome you and your guests!
Make your reservations today!

Jan. 4th-29th "Creating Wellness Challenge" sign up begins!

Creating Wellness is having a Challenge! Everyone who gets assessed prior to Jan. 29th is eligible and could win up to **\$1000.00 Cash!**

***LIMITED TO THE FIRST 20 PAID PARTICIPANTS-SIGN UP TODAY, STARTS FEB. 1st!**

*16 wk. commitment with weekly coaching

*Customized exercise program and meal planning

*Success goals established

*Wellness achieved!

What's your WQ? Ask to find out how you can get involved!

Jan. 30th - "Toast for Change"

Toast for Change is an all day "Boot Camp" to help establish a Wellness Lifestyle forever!

Saturday, January 30th at NIACC 9:00am to 2:30pm

Cost is \$29.00 includes meal.

Please call 1-888-466-4222 ext. 4358 or 641-422-4358

to reserve your spot!

Sponsored by NIACC, Slinger Chiropractic, & HealthQuest

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Happy New Year Office Closed					

January Specials: Start the New Year off Right!

***NovoLife Detox kit or
*Easy Cleanse pills Save 10%!**