

Our purpose is to encourage our patients to live a life which fulfills their God given potential. A healthy life, a life free from chemical dependency, a life of joy, a life with no physical restrictions and limitations, a life filled with abundant energy, and a life free from the negative implications of poor spinal health.

Therefore, we have created an **Advanced Wellness Workshop Series** designed to empower our patients to make lifestyle changes that will create health for themselves and their family for a lifetime. Our workshops are designed to address the three primary causes of illness and disease in life: physical, chemical and emotional stress.

The Latest Information Covering Today's Most Important Health Topics

Education is the Key to change!

We recommend that all of our practice members attend our four core workshops:

- 1 "WOW"- Wellness Orientation Workshop
- 2 Trade in Your Stress for Health Success
- 3 Half Hour of Power
- 4 Change UR Direction



We recommend you attend "WOW" within the first month of your care. This workshop will be the foundation for all of our other workshops!! Bring a guest* to "WOW" and you will receive a free half hour massage.

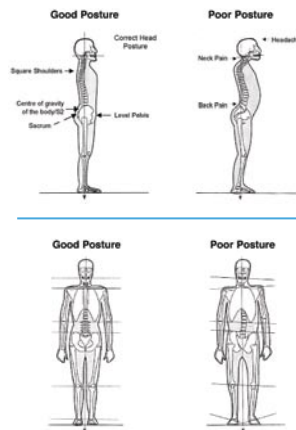
*Guest must be 18 years of age

Look well to the spine for the cause of disease - Hippocrates

There is Nothing Good About Poor Posture

Posture provides much information regarding the natural state of the spine and the tissues surrounding it. Through postural analysis it is possible to determine which areas of the body are under more strain than others, and which muscle groups are related to this strain. Correction of these spinal imbalances are important to ensure good health.

The effects of poor posture are not just reflected in your mirror. Major journals (see below) have published studies showing posture to be a strong indicator of overall health. Good posture should show a plum line passing through the center of the ear, shoulder, hip and knee and just in front of the



ankle. In the typical Forward Head posture (the 1st picture) the head is in front of the plumb line. Overtime, this causes the upper back to drift backward and the pelvis to tilt forward. Besides the obvious physical changes of stooped shoulder, belly "pooch" and inward shoulder rotation negative physiological imbalances are happening on the inside we can't see but can definitely feel. The list of problems associated with poor posture is almost endless; they include: TMJ pain, neck pain, tension headaches, pain between the shoulders, shoulder pain, decreased range of motion, low back pain, hip joint pain, knee pain and foot pain.

Use these diagrams to check you and your family's posture to see if any imbalances are occurring and a more thorough Chiropractic evaluation is in order.

Spine 2005 "All measures of health status showed significantly poorer scores as C7 plumb line increased (when the head juts forward over the shoulders)."

Journal of the American Geriatrics Society, 2004 "Older men and women with hyperkyphotic (slumped) posture have higher mortality rates."

American Journal of Pain Management, 1994 "Spinal pain, headache, mood, blood pressure, pulse, and lung capacity are among the functions most easily influenced by posture."

The Journal of Neuroscience, 2007 "Bad posture could raise your blood pressure." Study finds link neurolink between position of neck muscles and high blood pressure.

Journal of Physical Therapy Science Vol. 21 2009 Determined respiratory function showed a significant correlation to the curvature of the lumbar spine.



35 Jackson Street Newnan, Ga. 30263 770-253-5040 www.newnanwellness.com



Advanced Wellness Workshop Series

The Latest Information Covering Today's Most Important Health Topics

Tuesdays 6:10pm



Presented by:

Josh Shields D.C.
Advanced Chiropractic

35 Jackson Street
Newnan, Ga. 30263
770-253-5040

www.newnanwellness.com



Admission is free, but space is limited. Call now to reserve your seat.

Advanced Wellness Workshop Series

The Start of Your Wellness Journey

WOW: Wellness Orientation Workshop

This is a must attend workshop. We will discuss the true principles of wellness and how to set up a realistic wellness program for you and your entire family. This will be the foundation for all other workshops!! Bring a guest* and receive a free half hour massage. *Guest must be 18 years of age

Physical Wellness Workshops

Half Hour of Power Dynamic at home spinal exercises designed to dramatically increase your core stabilization and enhance your posture. This workshop will improve your spinal corrections and results.

Jump Start Learn how to design and start a fitness program to gain strength, increase flexibility, improve cardiovascular health and lose weight.

Wellness Mindset Workshops

Change UR Direction This life-changing workshop is developed to motivate you to plan, prioritize and achieve your goals. A patient favorite!

Trade in Your Stress for Health Success Dramatically improve your results by discovering easy to implement strategies to reduce physical, chemical and emotional stress.

Pregnancy and Early Motherhood An open discussion about vaccinations, breast feeding tips, kid friendly nutrition, healthy pregnancy and how to raise a healthy child naturally. Hosted **Wednesday at 11:15am** with Dr. Sharon Shields.

Mindfulness Meditation This workshop is hosted by **Bryan Price M.D.** (a local psychiatrist) who works with Emory University on current meditation research. Great introduction to meditation!

Nutritional and Functional Medicine Wellness Workshops

Winners R Losers : Weight Loss Challenge

Designed to help you reach your weight loss goals. This is a must attend workshop for individuals who are at risk or already suffer from heart disease, high blood pressure, high cholesterol and diabetes.

Healthy Eating Simple tips to improve you and your family's eating habits. This is also the final meeting for the "Winners R Losers" weight loss challenge.

Detoxify, Cleanse and Replenish Your Body, it's TIME Easy program to prevent chronic illness, promote clarity, decrease allergies and nasal symptoms, improve digestion, lower cholesterol and ease joint pain. If you want to truly live the wellness lifestyle, this is a must-attend workshop.

Hormones An extremely informative workshop that teaches what every woman should know to stay balanced and feel well. Great for women who suffer from endometriosis, painful menses, mood swings, irregular menstrual cycles, woman who have had or are contemplating a hysterectomy and for those who are at risk or are concerned about getting breast or ovarian cancer.

Conquer Your Emotions How to fight anxiety, depression and sleeplessness naturally.

Supercharge Your Immune System Learn several proven quick and effective ways to boost your immune system before the cold and flu season arrives.

WORKSHOPS ARE 30-45 MINUTES
Start at 6:10pm sharp unless noted
Seating is limited, call and reserve your seat,
no walk-ins please.

Our vision is to provide a safe, encouraging environment that delivers the highest quality of care possible. An office that honors the magnificence of natural health and healing, with staff and doctors, who are well educated, highly trained, and who display an outstanding level of professionalism and concern for its practice members

Advanced Wellness Workshop Series Tuesdays 6:10pm

January 5 Winners R Losers - Weight Loss Challenge
12 Change UR Direction
19 WOW- Wellness Orientation Workshop
21 WOW-Wellness Orientation Workshop @ **11am**
26 Jump Start

February 2 Hormones
9 Trade in Your Stress for Health Success
16 WOW- Wellness Orientation Workshop
18 WOW-Wellness Orientation Workshop @ **11am**
23 Half Hour of Power

March 2 Conquer Your Emotions
9 Healthy Eating-Part 2 Winners R Losers
16 WOW - Wellness Orientation Workshop
18 WOW - Wellness Orientation Workshop @ **11am**
23 Detoxify, Cleanse and Replenish Your Body, It's TIME.
30 Winners R Losers - Weight Loss Challenge
31 Pregnancy and Early Motherhood @ **11:15am**

April 6 Mindfulness Meditation
13 WOW - Wellness Orientation Workshop
15 WOW - Wellness Orientation Workshop @ **11am**
20 Half Hour of Power
27 Change UR Direction

May 4 Jump Start
11 WOW - Wellness Orientation Workshop
13 WOW - Wellness Orientation Workshop @ **11am**
18 Trade in Your Stress for Health Success
25 Healthy Eating-Part 2 Winners R Losers

June 1 Half Hour of Power
8 WOW - Wellness Orientation Workshop
10 WOW - Wellness Orientation Workshop @ **11am**
15 Winners R Losers Weight Loss Challenge
22 Hormones
23 Pregnancy and Early Motherhood @ **11:15am**
29 Jump Start

July 13 WOW - Wellness Orientation Workshop
15 WOW - Wellness Orientation Workshop @ **11am**
20 Change UR Direction
27 Trade in Your Stress for Health Success

August 3 Half Hour of Power
10 WOW - Wellness Orientation Workshop
12 WOW - Wellness Orientation Workshop @ **11am**
17 Healthy Eating-Part 2 Winners R Losers
24 Detoxify, Cleanse and Replenish Your Body, It's TIME.
31 Conquer Your Emotions

September 14 WOW - Wellness Orientation Workshop
16 WOW - Wellness Orientation Workshop @ **11am**
21 Winners R Losers Weight Loss Challenge
28 Supercharge your Immune System
29 Pregnancy and Early Motherhood @ **11:15am**

October 5 Change UR Direction
12 WOW - Wellness Orientation Workshop
14 WOW - Wellness Orientation Workshop @ **11am**
19 Jump Start
26 Half Hour of Power

November 2 Detoxify, Cleanse and Replenish Your Body, It's TIME.
9 WOW - Wellness Orientation Workshop
11 WOW - Wellness Orientation Workshop @ **11am**
16 Healthy Eating-Part 2 "Winners R Losers"
23 Conquer Your Emotions
30 Trade in Your Stress for Health Success

December 7 WOW - Wellness Orientation Workshop
9 WOW - Wellness Orientation Workshop @ **11am**
14 Mindfulness Meditation
21 Half Hour of Power

Our mission: With God's guidance, we are committed to playing our part in educating the world that true health comes from within so that we will all have a greater faith in ourselves and our body's ability to heal itself.

Weekly Office Hours

	Adjustment Times		Special Report Times*		
	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:00	7:30-8:00		7:30-8:00	7:30-8:00	7:30-8:00
8:00-9:30			8:00-9:30	8:00-9:30	8:00-9:30
9:30-11:00			9:30-11:00	9:30-11:00	9:30-11:00
2:30-3:00	2:30-3:00	2:30-3:00	2:30-3:00	2:30-3:00	
3:00-4:30	3:00-4:15	3:00-4:15	3:00-4:15	3:00-4:15	
4:30-6:00	4:15-6:00	4:15-6:00	4:15-6:00	4:15-6:00	
	6:10pm Workshops				

*No adjustments unless you're scheduled for a special report during these times.

The Doctor of the Future will give no medicine but interest his patients in the care of the human frame, diet and the cause of prevention of disease.

- Thomas Edison

