



SUBLUXATION DOMINATION

McCormick Chiropractic

Volume 4, Issue 1

2015

AUGUST

Coventry Office Workshops

Getting The Best Results

August 4th at 6:30 PM

Welcome Back BBQ!

R.S.V.P is Required

August 11th at 6:30 PM

Welcome Back Dr. Leo

Core Strengthening

August 18th at 6:30PM

Weight Loss

August 25th at 6:30 PM

Elverson Office Workshop

Lunch & Learn at 11:30 PM

July 1st —Dr. D's Core Strengthening

Pottstown Lunch & Lean

Osteoporosis August 12th @ 12PM

Invite your Friends to join you!

All Workshops are Complimentary For Our Patients. Please Feel Free To Invite Your Friends and Always Remember To R.S.V.P.

Thank You

Are you looking to be healthier? Are you wondering why you can't lose weight?

Schedule a Free

Nutritional/Weight Loss

Consult Today!

What has Chiropractic done for you? Are you able to **sleep better, run/jog or exercise?**

Did it **alleviate**

headaches? Share your

Success Story with us either on Facebook or with a

Testimonial!

See the Front Desk for more Information on the above!

In The Community

International Night
08/05/2015 at 6:00PM

in the Pottstown Office. Would you like to showcase your heritage? We are looking for individuals who would like to share their heritage by sharing a cultural staple like food, an art, trinkets or native dress. We would love to learn more about the countries around the world! **FREE to all patients and guest!**

08/19/2015

Sanatoga Center
Stress Management

08/24/2015

YWCA
Pottstown

7 FOODS THAT HELP YOU STAY HYDRATED

95% WATER	92% WATER	92% WATER	88% WATER	92% WATER	88% WATER	90% WATER
+	+	+	+	+	+	+
VITAMIN C & FIBER	RICH IN POTASSIUM	VITAMIN C & LYCOPENE	CALCIUM & B VITAMINS	RICH IN VITAMIN C	LOTS OF FIBER	HIGH IN POTASSIUM
CUCUMBER	STRAWBERRY	WATERMELON	YOGURT	BELL PEPPER	PAPAYA	CANTALOUPE





Ways To Have A Winning Day

To have a winning day, here are 21 *More Than's* You Can Do:

- ✧ Listen more than you talk.
- ✧ Give more than you get.
- ✧ Smile more than you frown.
- ✧ Think “We” more than you think “Me”.
- ✧ Agree more than you disagree.
- ✧ Compliment more than you criticize.
- ✧ Laugh more than you cry.
- ✧ Clean up more than you mess up.
- ✧ Be positive more than you’re negative.
- ✧ Be fascinated more than you’re frustrated.
- ✧ “Walk the talk” more than you “talk the talk”.
- ✧ Be accepting more than rejecting.
- ✧ See the cup “half-full” more than you see it “half-empty”.
- ✧ Help more than you hinder.
- ✧ Believe in yourself more than you doubt yourself.
- ✧ Work more than you whine.
- ✧ Do more than you don’t.
- ✧ Act more than you react.
- ✧ Save more than you squander.
- ✧ Care more than you ever have.