

## **How to Stay Healthy....the First 100 Years**

What would you like your health to be like in 10 years? 20 years? How about in your “golden years”? If you said “poor”, “terrible”, “worst shape of my life” or anything along those lines, this workshop probably won’t interest you.

However, if you want to be the BEST YOU possible for all the amazing things this journey of life has to offer, this is one presentation that you definitely shouldn’t miss.

Dr. Christopher Carr’s experience in Chiropractic, nutrition, physical fitness and living a life of wellness himself truly makes him an expert in his field. Join us while he shares some of the most interesting and IMPORTANT information regarding your health and well-being. Allow Dr. Carr to equip you with the knowledge you need to get well, stay well and feel great, starting today and continuing for the rest of your life.

The human body is truly astounding so why not maximize the optimal health and wellness it was designed for?

*Dr. Christopher Carr is an experienced doctor of Chiropractic, who has a great passion for his work and cares about his patients like they are his own family. He graduated from the University of South Carolina with a degree in Exercise Physiology and went on to earn his Doctorate of Chiropractic at Palmer West College of Chiropractic in San Jose, CA. Dr. Carr practiced in Los Angeles for a few years but came back home to good old PA (he grew up in South Park), where he is now the Clinic Director at the McMurray office of Newman Chiropractic Centers. Dr. Carr not only has a vast knowledge of the world of wellness, nutrition, fitness and maintaining the functions of the amazing human body, but he is friendly, caring and honest.*

**Date:** Tuesday, July 7, 2009  
**Time:** 6:30 – 8:30 PM  
**Location:** Single Steps Strategies Conference Center  
1738 North Highland Rd.  
Suite G-103  
Upper St. Clair, PA 15241  
**Cost:** Complimentary  
**To register or for more information:**  
Email: [info@singlestepsstrategies.com](mailto:info@singlestepsstrategies.com)  
Phone: 412-341-2888  
On the web: [www.singlestepsstrategies.com](http://www.singlestepsstrategies.com)

**Seating is limited to 20 people, so please register early!**

