

*Dr. Walter Salubro's*

## **5 Pillars Of Great Health Seminar**

How To Create More Health, Peace And Happiness In Your Life

Many people today have busy lives and are overwhelmed with stress. There can be stress at work, at home or in your personal life. Stress can come from physical, mental or emotional sources. Regardless of the source of stress, one thing is certain, stress is detrimental to your health and can eventually lead to sickness, illness and all sorts of debilitating body aches and pains. Stress can even worsen or increase the risk of conditions like obesity, diabetes, heart disease, depression, anxiety, asthma, and headaches. Stress is also related to accelerated aging and early death.

Many of these health problems can be prevented with healthier lifestyle choices. This seminar will teach you the 5 Pillars Of Great Health which are designed to support and guide you in making healthier lifestyle choices in the area's of: 1) Nutrition, 2) Exercise, 3) Stress Management, 4) Back Care and 5) Life Goals & Vision. You will learn practical preventative and wellness strategies that will lead you to a life of more health, more peace and more happiness while being free of the detrimental effects stress.

### **Here is just a portion of what you will learn:**

- Discover the biggest key to elevating your overall health and improve your ability to handle life's ongoing daily stresses.
- 7 eating strategies that help you lose weight, reduce the risk of heart disease, increase your energy and improve your mood.
- 7 effective ways to get the laziness out of exercise.
- How to identify the main sources of stress in your life.
- 3 stress-busting tips that instantly relieve tension and get you immediately feeling better.
- How to strengthen your back so you can get more done during your busy day while preventing backaches and injury.
- 3 success principles that give your life more purpose, help you discover your passion, achieve your dreams and create long-lasting happiness.
- And much much more.

If are stressed-out, are suffering of pain or other health problems and have waited too long to see if all this will get better on its own, then this seminar is for you. Stop waiting and start creating a life with more health, more peace and more happiness. At this seminar, you will walk away with easy-to-apply self-help strategies that conquer daily stresses, support a healthier lifestyle and get you feeling recharged.

### **Here is what others have said about Dr. Walter Salubro's workshops & seminars:**

"Informative, helpful with practical self-help strategies, inspirational and uplifting. It was well worth coming." – T.

"I really enjoyed [the] workshop and will implement some of the tips to eliminating stress in my life. The material was very well presented. It helped me identify the main stressors in my life." - L.

**Presented by:** Dr. Walter Salubro  
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Leading you to better health the chiropractic way.

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### **Date, Time & Location Details:**

- Date:** Sunday January 19, 2014
- Registration:** 2:15 pm – show up 15 minutes before start time to take your seat.
- Start Time:** 2:30pm      **End Time:** 4:30pm
- Cost:** Free (a \$39 value)
- Venue:** Erin Meadows Library (in Erin Meadows Community Centre)  
**Location:** 2800 Erin Centre Blvd  
Mississauga, ON
- Room #:** Program Room 1
- RSVP:** Call (905) 303-1009 today to reserve your attendance.  
Advanced booking is required.  
Limited seating for 18 people.

### **Who is Dr. Walter Salubro**



Dr. Walter Salubro is a family wellness chiropractor who has been serving the Maple and Vaughan community for over 13 years. Dr. Salubro provides chiropractic care to people all age groups. He has completed many post-graduate courses in techniques applicable to both children and adults. In addition to offering specific spinal adjustments and posture corrective techniques, Dr. Salubro offers an extensive line-up of health and wellness workshops, exercise classes and a run-walk club to his patients.

Dr. Salubro is a fitness enthusiast and an avid runner, having completed four half-marathons, a 30k road race and three marathons. Whether it is in his day-to-day interactions with his patients or through one of his health classes, Dr. Salubro motivates people to be the best they can be, the healthiest they can be and the happiest they can be so they can fulfill the life of their vision and dreams.

Dr. Walter Salubro is dedicated to providing the highest quality chiropractic care for all of his patients. He is a 1999 graduate of the National College of Chiropractic and certified from the Academy of Chiropractic Family Practice and the Council on Chiropractic Pediatrics (C.A.C.C.P.). Dr. Walter Salubro is Webster Technique Certified, certified and recognized by the International Chiropractic Pediatric Association (ICPA). Dr. Salubro caters to the specialized care of infants and pregnant mothers.

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***"It is the mindful lifestyle choices you make today that will keep you healthy, strong and enduring for the marathon called life."***

- Dr. Walter Salubro