



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GETTING OLDER DOESN'T MEAN YOU SHOULD SHRINK

**GETTING SHORTER AS YOU AGE HAS BEEN COMMONLY
ACCEPTED AS THE NORM BUT IT DOESN'T HAVE TO BE!**

Thursday, November 1, at 11:15 am*

YMCA Conference Room – FREE and open to the public*

What may be causing you to shrink as you age? Dr. Gregg Gerstin, specializing in Chiropractic BioPhysics, will help you understand the natural, non-surgical ways to maintain your height for years.

Arthritis vs. Osteoporosis?

Learn the difference between height loss due to arthritis, osteoporosis or posture and how to naturally reverse those changes.

Natural Approach

Dr. Gerstin's mission is to support you and your family to live a life of optimal health & well-being through natural means with a focus of corrective chiropractic care.

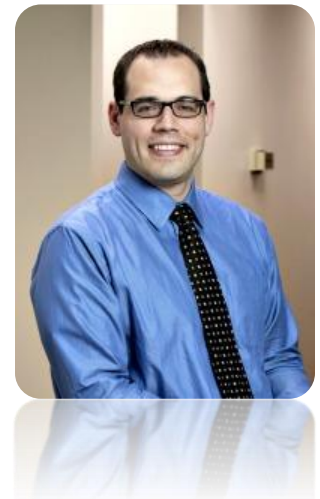
Points of Discussion

- Arthritis
- Osteoporosis
- Posture

***Registration required –
a minimum of 5 participants required
in order for the class to run**

**A part of the NSYMCA
ADULT EDUCATION SERIES**

*Space is limited, to reserve your seat contact:
847-272-7250 or register on line at
www.nsymca.org
For more information contact
Karen Brownlee
kbrownlee@nsymca.org



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