

Dr. Clifford Oliver, D.C. R.N.

## WALKING WORKSHOP



How do you WALK ?

Are your toes bent inward? Is your back bent? Is your stomach pushed out? How do you carry your purse/bag? Do you swing your hips? Are you tired, stressed or depressed? With each step are you getting weaker or stronger?

When you attend one of Dr. Clifford Oliver's *Walking Workshops's* you will:

- Learn the **dynamics** of walking correctly for your body type
- Understand how to walk **efficiently**
- Gain increased **energy**
- **Improve** *your* outer balance
- **Find** *your* inner balance
- Discover *your* way of burning **energy**
- Align *your* **breathing** with your stride
- Find *your* rhythm
- Increase your **vitality**
- **Regain** your youthfulness

Reserve your space for Dr. Oliver's next *Walking Workshop*. Email or contact the office via telephone 858-272-2333. Cost is \$25 per person.

Also, Dr. Oliver will provide the Walking Workshop at a location of your choice for you and 11 of your friends, and you & a friend may attend free!! Contact the office for details.

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