



# SANTIAGO CHIROPRACTIC ASSOCIATES

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## MARCH Back in Time with Anti-Aging Medicine Services

Lake Hiawatha, NJ, March. 2013— If you are looking to reduce the signs of aging in your body, our Anti-Aging Medicine Department will now be providing myotonology services in conjunction with additional recommendations for anti-aging from a nutritional and physical stand-point. Myotonology is a procedure that uses the latest state-of-the-art microcurrent technology to help restore the skin’s tonicity. This process increases circulation and metabolism, improves skin tone, reduces fine lines and wrinkles and increases hydration and nourishment of the skin. According to Dr. Santiago, Board Member of the *American*

*Academy of Anti-Aging Medicine*, “We have seen this non-invasive treatment make the face look healthier, younger and more toned, naturally reducing signs of aging giving you the benefit of a non-surgical alternative for facial rejuvenation.” Treatments typically take one hour and are based on a series of sessions that will have cumulative effects. To schedule an appointment or to learn more about our anti-aging services, call today.



**ATTENTION SCA PATIENTS:** Front Desk Receptionist, Kelly Lombardi, has recently received her New Jersey Notary Commission and has offered to provide this service to you as needed.



Looking for an afternoon of **FREE** family fun? Stop by the Lakeland Hills Family YMCA on March 16th from 2-4pm for **HEALTHY KIDS DAY!** This event will feature games, activities, fabulous family prizes and get-a-ways, as well as learning experiences for adults and children. For more information, visit:

[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

## Lincoln Tunnel 5k Challenge Update:

### Directions to Register:

- Go to [www.LTC5k.org](http://www.LTC5k.org)
- Click on “Register”
- Read the statement on right
- Click on “I agree”
- Click on “Join a Team”
- Select “Santiago Chiropractic”
- Click “Continue”
- Follow the directions to complete registration

Don’t forget to register to join us in the 2013 Lincoln Tunnel 5k Walk/Run Challenge on April 28th! For those of you considering the event, but have questions about how to prepare/train —especially if it is your first 5k—SCA’s massage therapist and certified running coach with Team in Training, Melissa Muilenburg, has offered to provide one-on-one or group consultations for participants. Please call (973)-335-5666 to set up a meeting with Melissa today!

