

THE SUNRISE SIGNAL *Mar 19, 2009*

Rotary Founded February 23, 1905 Club Chartered June 14, 1990

Rotary Monthly Theme: **Rotaract**

www.MasonCitySunriseRotary.org

PROGRAMS

Today -- Dr Ron Masters
State Energy Remedy

Mar 26th – Dr Bob Friedrichs
Nutritional Therapy

Rotarian(s) of the Month

Mar – Jennifer Farwell
Lacey Gansen

Apr – Scott Tornquist
Mary Markwalter

March Birthdays

NONE

**SAVE THE DATE
JUNE 20, 2009
JENNIFER & RUSTY
WILL BE MARRIED
1ST UMC, MASON CITY
RECEPTION TO BE HELD
AT THE SURF BALLROOM**

WHAT YOU MISSED IF YOU WERE ABSENT

Dr. Tony Slinger was introduced by Dr. Bob Friedrichs, as our morning speaker.

Dr. Slinger a Charles City native has been a Dr. of Chiropractic Medicine for 15 years.

He subscribes to the “Wellness Revolution”, which emphasizes, a healthy lifestyle by CHOICE, not CHANCE.

Dr Slinger defined Wellness as:

“The degree to which an individual experiences health and vitality in any dimension of life”

He pointed out that many of his clients are De Hydrated. His charge to us was to drink enough **water** each day to avoid this condition. His formula was to divide your current weight by 2 with the result being the number of ounces of water one should drink each day. Try it!

His 3 point program can be broken into the following categories.

✓ *Be Fit*

Exercise on a regular basis

✓ *Eat Right*

Be aware of what you are putting in your body; consider organic foods as a choice

✓ *Think Well*

Consider life to the fullest with powerful lifestyle advice and motivation.



Dr. Anthony Slinger

CLUB LEADERSHIP 2008-2009

President: Gary Herrig
P E: Bev Eckholt: 2011
V P: OPEN
Sec/Treas: John DiMarco

Past Pres: Vicki Hornbuckle '09
Diane Horning: 2009
Jennifer Farwell: 2009
Bob Friedrichs: 2010

Sue Followwill: 2010
Lee Olson: 2011
Mary Cooley: 2011

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