

2018 Tuesday Evening Spinal Workshops

6:00pm- 6:45pm

Bulletproof Your Body

January 9 February 6 March 6 April 3 May 1 June 5

July 10 August 7 September 11 October 2 November 6 December 4

January 23	Whole Body Purification - Dr. Alissa presents a scientific approach to thorough cleansing. This course is for beginners who need a health overhaul, or those who seek to reach more advanced health goals.
February 20	Nutrition for Heart Health – Heart disease is one of the leading causes of death in the United States. Learn how lifestyle and diet can protect you against this fate. Strengthen your cardiovascular organs whatever your genetics hold.
March 20	Natural Health Toolbox/Essential Oils - Learn how oils can help your family heal and adapt naturally from the inside out. Topics to be covered include improving athletic performance, digestive disorders, anxiety, depression, sleep disorders, immune building, and more.
April 17	Natural Health Toolbox/Lyme Disease - Dr. Jilian shares her extensive knowledge and personal experience with chronic Lyme for the successful management of this regional epidemic.
May 15	Natural Health Toolbox/Reproductive Health - Dr. Alissa reviews the anatomy and physiology of the female cycle and confronts common reproductive challenges.
June 19	Natural Health Toolbox/Vitamins, Minerals & Herbs - Navigating the world of nutritional supplementation is best done with your doctor's guidance. Take advantage of our doctors' expert advice on the essentials.
July 24	Nutrition for Weight Loss - Have you struggled with "diet fads" to lose weight? Are you in a rut? Do you want to improve your health? Do your joints ache due to your weight? THEN, this class is for you! Learn about the lifestyle to achieve and maintain a healthy body weight naturally.
August 21	Positive Thinking – "Think Well" - Do you ever wonder why you have a better day when you're happy or ever find that bad days get worse when your mood worsens? Come learn ALL of the benefits to positive thought and join the positivity movement!
September 25	Maximize Your Immune System - Common sense strategies to bulletproof yourself for the upcoming winter season.
October 16	Natural Health Toolbox/Juicing – Join Dr. Jilian to learn all about the process of juicing and get some great recipes.
November 27	Natural Health Toolbox/Infrared Sauna - Utilizes infrared light waves to warm the body. Infrared is the safest form of heat, naturally occurring in sunlight, and is even used in hospital incubators for newborn babies.
December 18	Awakening Favorite Things - Join your Awakening Team as they show off, and maybe GIVE AWAY some of their favorite health related items <3 <3

Awakening Chiropractic

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