# Awakening Chiropractic

## Spinal Workshop Schedule 2021

**Monday’s 5:30-6:00pm**

***January***

***4th* Bulletproof Your Body**

***11th* How to Make Lasting New Year’s Resolutions**

**18*th* Immune Boosting for Winter**

***25th* Sleep Well Strategies**

***February***

***1st* Bulletproof Your Body**

***8th* Live an Active Life With Healthy Feet**

***15th* Lifestyle Nutrition for Heart Health**

***22th* Brain Health**

***March***

***1st* Bulletproof Your Body**

***8th* Chiropractic BINGO Night**

***15th* What Vitamins and Minerals Do You Really Need?**

***22nd* It’s not ALL in Your Genes: The Role of Epigenetics**

***29th*  Live An Active Life With Healthy Shoulders**

***April***

***5th* Bulletproof Your Body**

***12th* Live an Active Life with Healthy Knees**

***19th* Lifestyle Nutrition for Chronic Disease**

***26th* Hiking for Health**

***May***

***3rd* Bulletproof Your Body**

***10th* Digestive Health**

***17th* The Plant Based Athlete**

**24th Pain and Symptoms: what do they mean?**

***June***

***7th* Bulletproof Your Body**

***14th* The Negative Effects of Technology On Us and Our Future Generation**

***21st* Made to Run: Evolution of Running and its effects on the Human Body**

***28th* Live An Active Life With a Healthy Lower Back**

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**Monday’s 5:30-6:00pm**

***July***

***5th* Bulletproof Your Body**

***12th* Everything Is Awesome: The Power of Positive Thought**

***19th* Sleep Well Strategies**

***26th* The Science of Human Connection**

***August***

***2nd* Bulletproof Your Body**

***9th* Live an Active Life with Healthy Knees**

***16th* How Your STRUCTURE affects Your FUNCTION**

***23rd* Chiropractic BINGO Night**

**30th Live an Active Life with A Healthy Neck**

***September***

***13th* Bulletproof Your Body**

***20th* Immune Boosting for Winter**

***27th* Live an Active Life with Healthy Feet**

***October***

***4th* Bulletproof Your Body**

***11th* Wellness Chiropractic Care IS Health Insurance**

**18th The Power of Nutrition**

***25th* Brain Health**

***November***

***1st* Bulletproof Your Body**

***8th* The Standard Process 10 Day Detox Program(starts at 5PM)**

***15th* Chiropractic BINGO Night: How Well Do You Know Chiropractic?**

***22nd* The Negative Effects of Technology On Us and Our Future Generation**

**29th Core Stability Exercises**

***December***

***6th* Bulletproof Your Body**

***13th* The Gift of Health with Essential Oils(starts at 5PM)**

***20th* Setting Goals for Lasting Lifestyle Changes**

**27th Ask the Doctor?**