# Awakening Chiropractic

## Spinal Workshop Schedule 2021

**Wednesday’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**

***10th* Live an Active Life With Healthy Feet**

***17th* Lifestyle Nutrition for Heart Health**

***24th* Brain Health**

***March***

***3rd* Bulletproof Your Body**

***10th* Chiropractic BINGO Night**

***17th* What Vitamins and Minerals Do You Really Need?**

***24th* It’s not ALL in Your Genes: The Role of Epigenetics**

***31st*  Live an Active Life With Healthy Shoulders**

***April***

***7th* Bulletproof Your Body**

***14th* Live an Active Life with Healthy Knees**

***21st* Hiking for Health**

***28th* Lifestyle Nutrition for Chronic Disease**

***May***

***5th* Bulletproof Your Body**

***12th* Digestive Health**

***19th* The Plant Based Athlete**

**26th Pain and Symptoms: what do they mean?**

***June***

***2nd* Bulletproof Your Body**

***9th* The Negative Effects of Technology On Us and Our Future Generation**

***16th* Made to Run: Evolution of Running and its effects on the Human Body**

***23rd* Live an Active Life With a Healthy Lower Back**

**30th Infrared Sauna**

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**Wednesday’s 5:30-6:00pm**

***July***

***7th* Bulletproof Your Body**

***14th* Everything Is Awesome: The Power of Positive Thought**

***21st* Sleep Well Strategies**

***28th* The Science of Human Connection**

***August***

***4th* Bulletproof Your Body**

***11th* Live an Active Life with Healthy Knees**

***18th* How Your STRUCTURE affects Your FUNCTION**

***25th* Chiropractic BINGO Night**

***September***

***1st* Bulletproof Your Body**

***8th* Immune Boosting for Winter**

***15th* Live an Active Life with Healthy Feet**

***22nd* Live an Active Life with a Healthy Neck**

**29th Fasting and Nutrition for Weight Loss**

***October***

***6th* Bulletproof Your Body**

***13th* Wellness Chiropractic Care IS Health Insurance**

**20th The Power of Nutrition**

***27th* Brain Health**

***November***

***3rd* Bulletproof Your Body**

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

***17th* Chiropractic BINGO Night: How Well Do You Know Chiropractic?**

***December***

***1st* Bulletproof Your Body**

***8th* Core Stability Exercises**

***15th* Setting Goals for Lasting Lifestyle Changes**

**22nd Ask the Doctor?**