

AWAKENING CHIROPRACTIC

SPINAL WORKSHOP SCHEDULE 2021

Wednesday's 5:30-6:00pm

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?

2022

January

5th Bulletproof Your Body
12th Immune Boosting for Winter
19th Stretch with your Chiropractor
26th Women's Hormone Health

February

2nd Bulletproof Your Body
9th Live an Active Life With Healthy Feet
16th The Power of Nutrition
23rd Brain Health

March

2nd Bulletproof Your Body
9th Chiropractic JEOPARDY Night
16th Supplements 101
23rd Live an Active Life with Healthy Shoulders
30th It's not ALL in Your Genes: The Role of Epigenetics

AWAKENING CHIROPRACTIC

SPINAL WORKSHOP SCHEDULE 2022

Wednesday's 5:30-6:00pm

April

6th Bulletproof Your Body
13th Digestive Health
20th Hiking Form and Gear
27th Prescribed Epidemic

May

4th Bulletproof Your Body
11th Sleep Well Strategies
18th Live an Active Life with Healthy Knees
25th Pain and Symptoms: what do they mean?

June

1st Bulletproof Your Body
8th Fountain of Youth: The Choice is Ours
15th Plant Based Nutrition For All
22nd Live an Active Life With a Healthy Neck
29th Setting Goals for Lasting Lifestyle Changes

July

6th Bulletproof Your Body
13th Everything Is Awesome: The Power of Positive Thought
20th Live an Active Life with Healthy Lower Back
27th Thyroid Health

August

3rd Bulletproof Your Body
10th Stress: Adapt or Perish
17th How Your STRUCTURE affects Your FUNCTION
24th Kids Spinal Health
31st Choosing Footwear for Spinal Health

September

7th Bulletproof Your Body
14th Stretch with your Chiropractor
21st Hiking for Health
28th Fasting and Nutrition for Weight Loss