# Awakening Chiropractic

## Spinal Workshop Schedule 2022

**Wednesday’s 5:30-6:00pm**

***January***

***5th* Bulletproof Your Body**

***12th* Immune Boosting for Winter**

**19*th* 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**

***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**

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**Wednesday’s 5:30-6:00pm**

***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**

***October***

***5th* Bulletproof Your Body**

***12th* Fit While You Sit**

**19th Nutrition for Chronic Disease**

***26th* Live an Active Life with Healthy Knees**

***November***

***2nd* Bulletproof Your Body**

***9th* The Standard Process 10 Day Detox Program (starts at 5PM)**

***16th* Chiropractic BINGO Night: How Well Do You Know Chiropractic?**

***30th*  Core Stability Exercises**

***December***

***7th* Bulletproof Your Body**

***14th* The War Within**

**21st Holiday Recipes**

***28t*h Ask the Doctor?**