# Awakening Chiropractic

## Spinal Workshop Schedule 2023

**Wednesday’s 5:30-6:00pm**

***January***

***4th* Bulletproof Your Body**

***11th* Immune Boosting for Winter**

**18*th* Stretch with your Chiropractor**

***25th* Women’s Hormone Health: Understanding the CYCLE**

***February***

***1st* Bulletproof Your Body**

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

***15th* The Power of Nutrition**

***22nd* Brain Health**

***March***

***1st* Bulletproof Your Body**

***8th* Chiropractic JEOPARDY Night**

***15th* Supplements 101**

***22nd* Live an Active Life with Healthy Shoulders**

***29th*  It’s not ALL in Your Genes: The Role of Epigenetics**

***April***

***5th* Bulletproof Your Body**

***12th* Digestive Health**

***29th* Hiking Form and Gear**

***26th* Prescribed Epidemic**

***May***

***3rd* Bulletproof Your Body**

***10th* Sleep Well Strategies**

***17th* Live an Active Life with Healthy Knees**

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

**31st Chiropractic BINGO night**

***June***

***7th* Bulletproof Your Body**

***14th* Fountain of Youth: The Choice is Ours**

***21st* Plant Based Nutrition For All**

***28th* Live an Active Life With a Healthy Neck**

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**Wednesday’s 5:30-6:00pm**

***July***

***5th* Bulletproof Your Body**

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

***19th* Live an Active Life with Healthy Lower Back**

***26th* Thyroid Health**

***August***

***2nd* Bulletproof Your Body**

***9th* Chiropractic JEOPARDY Night**

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

***23rd* Kids Spinal Health**

***30th* Choosing Footwear for Spinal Health**

***September***

***6th* Bulletproof Your Body**

***13th* Stretch with your Chiropractor**

***20th* Hiking for Health**

**27th Fasting and Nutrition for Weight Loss**

***October***

***4th* Bulletproof Your Body**

***11th* Fit While You Sit**

**18th Nutrition for Chronic Disease**

***25th* Live an Active Life with Healthy Knees**

***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?**

***22n*  Core Stability Exercises**

***29th* Women’s Hormone Health: Understanding Menopause**

***December***

***6th* Bulletproof Your Body**

***13th* The War Within**

**20th Holiday Recipes**

***27t*h Ask the Doctor?**