# Awakening Chiropractic

## Spinal Workshop Schedule 2024

**Wednesday’s 5:30-6:00pm**

***January***

***3rd* Understanding STRESS**

***10th* Immune Boosting for Winter**

**17*th* Stretch with Your Chiropractor**

***24th* Women’s Hormone Health: Understanding the CYCLE**

**31st The Laws of Healing**

***February***

***7th* Bulletproof Your Body**

***14th* Chiropractic JEOPARDY Night**

***21st* Fasting and Nutrition for Weight Loss**

***March***

***6th* Chiropractic care is HEALTH Insurance**

***13th* Supplements 101**

***20th* The Power of Meditation**

***27th*  It’s not ALL in Your Genes: The Role of Epigenetics**

***April***

***3rd* Bulletproof Your Body**

***10th* Digestive Health**

***17th* Hiking Form and Gear**

***24th* Prescribed Epidemic**

***May***

***1st* Carbs, Protein, Fat: Understanding MACROS**

***8th* Sleep Well Strategies**

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

**22nd Pain and Symptoms: what do they mean?**

**29th Chiropractic BINGO night**

***June***

***5th* Bulletproof Your Body**

***12th* Fountain of Youth: The Choice is Ours**

***19th* Plant Based Nutrition For All**

***26th* Live an Active Life With a Healthy Shoulders**

# Awakening Chiropractic

## Spinal Workshop Schedule 2024

**Wednesday’s 5:30-6:00pm**

***July***

***10th* Fasting For Cancer Prevention**

***17th* Live an Active Life with Healthy Lower Back**

***24th* Thyroid Health**

**31st Brain Health**

***August***

***7th* Bulletproof Your Body**

***14th* Chiropractic JEOPARDY Night**

***21st* How Your STRUCTURE affects Your FUNCTION**

***28th* Choosing Footwear for Spinal Health**

***September***

***4th* The Power of Nutrition**

***11th* Stretch with your Chiropractor**

***18th* Hiking for Health**

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

***October***

***2nd* Bulletproof Your Body**

***9th* Fit While You Sit**

**16th Nutrition for Chronic Disease**

***23rd* Live an Active Life with Healthy Neck**

***30th* Change Your MIND Change your LIFE**

***November***

***6th* What Vitamins and Minerals Do You Really Need?**

***13th* The Standard Process 10 Day Detox Program**

***20th* Chiropractic BINGO Night**

***December***

***6th* Bulletproof Your Body**

***13th* The War Within**

**20th Fasting For Cancer Prevention**

***27t*h Women’s Hormone Health: Understanding Menopause**