

# AWAKENING CHIROPRACTIC

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## SPINAL WORKSHOP SCHEDULE 2025

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Wednesday's 5:30-6:00pm

### January

- 8<sup>th</sup> SUPER IMMUNITY: Immune boosting for Winter
- 15<sup>th</sup> Live an Active life with Healthy HIPs
- 22<sup>nd</sup> STRESS and your HEALTH
- 29<sup>th</sup> The Laws of Healing

### February

- 5<sup>th</sup> Bulletproof Your Body
- 12<sup>th</sup> Chiropractic JEOPARDY Night
- 19<sup>th</sup> Women's Hormone Health: Understanding the CYCLE
- 26<sup>th</sup> Living Better with Arthritis

### March

- 5<sup>th</sup> Chiropractic care is HEALTH Insurance
- 12<sup>th</sup> Supplements 101
- 19<sup>th</sup> The Power of Meditation
- 26<sup>th</sup> YOUR DNA is not YOUR DESTINY: The Role of Epigenetics

### April

- 2<sup>nd</sup> Bulletproof Your Body
- 9<sup>th</sup> Digestive Health: Understanding YOUR GUT
- 16<sup>th</sup> Hiking Form and Gear
- 23<sup>rd</sup> Prescribed Epidemic
- 30<sup>th</sup> Women's Hormone Health: Understanding Perimenopause & Menopause

### May

- 7<sup>th</sup> Carbs, Protein, Fat: Understanding MACROS
- 14<sup>th</sup> Sleep Well Strategies
- 21<sup>st</sup> Live an Active Life with Healthy Feet
- 28<sup>th</sup> Pain and Symptoms: what do they mean?

### June

- 4<sup>th</sup> Bulletproof Your Body
- 11<sup>th</sup> Fountain of Youth: Aging with VITALITY
- 18<sup>th</sup> Plant Based Nutrition For All
- 25<sup>th</sup> Live an Active Life With Healthy Shoulders

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### July

- 10<sup>th</sup> Fasting For Cancer Prevention
- 17<sup>th</sup> Live an Active Life with Healthy Lower Back
- 24<sup>th</sup> Thyroid Health
- 31<sup>st</sup> Brain Health

### August

- 7<sup>th</sup> Bulletproof Your Body
- 14<sup>th</sup> Chiropractic JEOPARDY Night
- 21<sup>st</sup> How Your STRUCTURE affects Your FUNCTION
- 28<sup>th</sup> Choosing Footwear for Spinal Health

### September

- 4<sup>th</sup> The Power of Nutrition
- 11<sup>th</sup> Stretch with your Chiropractor
- 18<sup>th</sup> Hiking for Health
- 25<sup>th</sup> Live and Active Life with Healthy Knees

### October

- 2<sup>nd</sup> Bulletproof Your Body
- 9<sup>th</sup> Fit While You Sit
- 16<sup>th</sup> Nutrition for Chronic Disease
- 23<sup>rd</sup> Live an Active Life with Healthy Neck
- 30<sup>th</sup> Change Your MIND Change your LIFE

### November

- 6<sup>th</sup> What Vitamins and Minerals Do You Really Need?
- 13<sup>th</sup> The Standard Process 10 Day Detox Program
- 20<sup>th</sup> Chiropractic BINGO Night

### December

- 4<sup>th</sup> Bulletproof Your Body
- 11<sup>th</sup> Fasting For Cancer Prevention
- 18<sup>th</sup> Women's Hormone Health: Understanding Menopause