

WELLNESS WORKSHOP SCHEDULE 2025

EVERY WEDNESDAY at 5:30pm

OCT	10/01	🔪 Bulletproof Your Body 🔪
	10/08	Fit While You Sit 🪑
	10/15	💖 Heart HEALTHY Living: Naturally Beating Strong 💖
	10/22	Live an Active Life with Healthy Neck 😊
	10/29	🌿 The WAR Within: Your Body > GERMS 🌿
NOV	11/05	💊 What Vitamins and Minerals Do You Really Need?
	11/12	The Standard Process 10 Day Detox Program 🌀
	11/19	🧠 Brain Health: Understanding Anxiety & Depression
DEC	12/03	🔪 Bulletproof Your Body 🔪
	12/10	HEALTH HABITS: “you are what you repeatedly do” 🐻
	12/17	💧 Fasting For Cancer Prevention 🕒
JAN 2026	1/07	🌿 SUPER IMMUNITY: Immune boosting for Winter ❄️
	1/14	🎉 HIP HIP HOORAY 🐷
	1/21	STRESS and your HEALTH 😞
	1/28	🦴 The Laws of Healing 🕊️
FEB 2026	2/04	🔪 Bulletproof Your Body 🔪
	2/11	Healthy CELLS, Healthy LIFE 📊
	2/18	🌀 Women’s Hormone Health: The CYCLE 🌀
	2/25	Joint Journey: Thriving with Arthritis 🦴
MAR 2026	3/04	Chiropractic care is HEALTH Insurance 🧩
	3/11	💊 Biohacking: Supplements Edition 💊
	3/18	The Power of Meditation 🧘
	3/25	🧬 YOUR DNA is not YOUR DESTINY 🧬

WHO ARE YOU BRINGING?
awakeningchiropractic.com



Awakening
CHIROPRACTIC
PLLC
The Family Wellness Center

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APR	4/02	🔪 Bulletproof Your Body 🔪
	4/09	Digestive Health: Understanding YOUR GUT 🤢
	4/16	Hiking Form and Gear 🥾
	4/23	💊 Prescribed Epidemic 💊
	4/30	♀ Women's Hormone Health: Peri & Menopause 🦋
MAY	5/07	🍰 Carbs, Protein, Fat: Understanding MACROS 🍩
	5/14	Sleep Well Strategies 😴
	5/21	👣 Live an Active Life with Healthy Feet 🦶
	5/28	Pain and Symptoms: what do they mean? 😞
JUN	6/04	🔪 Bulletproof Your Body 🔪
	6/11	Fountain of Youth: Aging with VITALITY 🧒
	6/18	🥑 NUTRITION 101
	6/25	Live and Active Life with Healthy Shoulders 💪
JUL	7/02	💧 Fasting For Health & Longevity 🌿
	7/09	🏃 Live an Active Life with Healthy Lower Back
	7/16	Thyroid Health 🌊
	7/23	How Your STRUCTURE affects Your FUNCTION 🧑
	7/30	👩 Women's Hormone Health: POST Menopause
AUG	8/06	🔪 Bulletproof Your Body 🔪
	8/13	Movement is Medicine 🔑
	8/20	🧠 Brain Health: Preventing Dementia 🧐
	8/27	Is AUTOIMMUNITY affecting our Community? 🌳
SEP	9/03	🥝 The Power of Nutrition 🍓
	9/10	🧘 Stretch with your Chiropractor 💪
	9/17	Change your Blood Sugar AND Change your Life 🩸
	9/24	Live and Active Life with Healthy Knees 🦵

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