






















# WELLNESS WORKSHOP SCHEDULE 2025

EVERY WEDNESDAY at 5:30pm

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	(New!) 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	(New!) Biohacking: Supplements Edition 💊
	3/18	The Power of Meditation 🧘
	3/25	 YOUR DNA is not YOUR DESTINY 
APR 2026	4/01	 Bulletproof Your Body 
	4/08	 Digestive Health: Understanding YOUR GUT 🥑
	4/15	 Hiking Form and Gear 🏔️
	4/22	(New!) Men's Hormone Health 
	4/29	♀️ Women's Hormone Health: Perimenopause/Menopause
MAY 2026	5/06	(New!) Carbs, Protein, Fat: MACROS for Weight Loss 🔍
	5/13	Sleep Well Strategies 😴
	5/20	 Live an Active Life with Healthy Feet 
	5/27	Pain and Symptoms: what do they mean? 😞
JUN 2026	6/03	 Bulletproof Your Body 
	6/10	(New!) Blue Zones 🧓
	6/17	 POWER of Nutrition 
	6/24	Live an Active Life with Healthy Lower Back





























WHO ARE YOU BRINGING?  
[awakeningchiropractic.com](http://awakeningchiropractic.com)



*Awakening*  
**CHIROPRACTIC**  
PLLC  
*The Family Wellness Center*

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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	(New!) Movement is Medicine 
	8/20	 Brain Health: Preventing Dementia 
	8/27	(New!) 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 
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	(New!) 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 

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