



Spinal Workshop Schedule

	Every Tuesday Evening - 6:00pm-6:30pm
	Select Noon Workshops - 12:00pm-12:30pm
January 7, 2020	Spinal Power
January 9, 2020	Spinal Power
January 14, 2020	Spinal Exercises
January 21, 2020	Text Neck
January 28, 2020	Healthy Choices for Healthy Kids
February 4, 2020	Nutrition 101
February 6, 2020	Nutrition 101
February 11, 2020	Headaches Are Not Normal
February 18, 2020	Get the Most Out of Sleep
February 25, 2020	Get well Faster, Stay Well Longer
March 3, 2020	Laws to a Speedy Recovery
March 5, 2020	Laws to a Speedy Recovery
March 10, 2020	Spinal Exercises
March 17, 2020	30 Minutes to Health
March 24, 2020	Power & Nutrition for Optimal Function
April 7, 2020	Cause vs. Effect-Centered Care
April 9, 2020	Cause vs. Effect-Centered Care
April 14, 2020	Ergonomics in the Workplace
April 21, 2020	Anatomy of Posture
April 28, 2020	Strokes Uncovered
May 5, 2020	Lifetime Care
May 7, 2020	Lifetime Care
May 12, 2020	Fountain of Youth: The Choice is Yours
May 19, 2020	Understanding Scoliosis
May 26, 2020	Spinal Exercises
June 2, 2020	Chiropractic - Your Big Picture
June 4, 2020	Chiropractic - Your Big Picture
June 16, 2020	How to Live to 100 without Arthritis
June 23, 2020	5 Ways to Boost Immune System
June 30, 2020	Spinal Exercises

July 7, 2020	What Doctors Know But Don't Talk About
July 9, 2020	What Doctors Know But Don't Talk About
July 14, 2020	Peak Performance - Not Just for Athletes
July 21, 2020	Headaches are NOT Normal
July 28, 2020	Spinal Exercises
August 3, 2020	Stress - Adapt or Perish
August 5, 2020	Stress - Adapt or Perish
August 11, 2020	Backpack & Car Seat Safety
August 18, 2020	Get the Most out of Your Sleep
August 25, 2020	Brain - Body Connection
September 1, 2020	Above, Down, Inside, Out
September 3, 2020	Above, Down, Inside, Out
September 8, 2020	Stop & Reverse the Aging Process
September 15, 2020	Spinal Exercises
September 22, 2020	One Cause, One Cure
September 29, 2020	Flu Shot/Vaccines: Are they right for you?
October 6, 2020	How Long will it Take
October 8, 2020	How Long will it Take
October 13, 2020	ADD, ADHD & The Autistic Spectrum
October 20, 2020	Keep Fit While You Sit
October 27, 2020	Family Halloween "Candy" Fruit Party
November 3, 2020	Lifetime Care
November 5, 2020	Lifetime Care
November 10, 2020	Power & Nutrition for Optimal Function
November 17, 2020	Fibromyalgia: Stop the Downward Spiral
November 24, 2020	Understanding Your Immune System
December 1, 2020	Wellness Chiropractic Care IS Health Insurance
December 3, 2020	Wellness Chiropractic Care IS Health Insurance
December 8, 2020	Spinal Exercises
December 15, 2020	Holiday Stress - Adapt or Perish
December 22, 2020	Holiday Eat Well, Move Well, Think Well
December 29, 2020	New Year and New Me-Healthy Habits for Life
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