

January-June 2012 Spinal Workshop Schedule

Tuesday evenings at 6:30 pm

January	01/03	<i>Get Well Faster & Stay Well Longer</i>
	01/10	Stress - Adapt or Perish
	01/17	Spinal Exercises
	01/24	Chiropractic: Your Big Picture
	01/31	Health Reform or Self Reform
February	02/07	<i>Spend Less & Gain More From Your Healthcare</i>
	02/14	Osteoporosis
	02/21	Joint Repair and Biomechanics
	02/28	Time is Now-For Healthy Choices
March	03/06	<i>Time Frequency & Intensity Here to Serve You</i>
	03/13	Headaches - End Them Naturally
	03/20	The Subluxation Complex
	03/27	Selecting the Chiropractic Technique Best for You
April	04/03	<i>What Doctors Know But Don't Talk About</i>
	04/10	Fibromyalgia
	04/17	Laws of Healing: Innate Intelligence
	04/24	Don't Blow That Disc
May	05/01	<i>Cause Vs. Effects Centered Care</i>
	05/08	Keep Fit While You Sit - Ergonomics
	05/15	Laws of Healing: Innate Intelligence
	05/22	The War Within
	05/29	Preventing Low Back Injuries
June	06/05	<i>How Long Does It Really Take</i>
	06/12	What Is The Safety Pin Cycle
	06/19	Manipulation Vs. Adjustment: What is the Difference?
	06/26	Power Nutrition for Optimal Function

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Call 603-753-4455 today to sign up for any of the above classes/workshops. You may also contact us to schedule any of the above classes & workshops at your workplace, club or organization!