

January-June 2018 Spinal Workshop Schedule

Tuesday evenings at 6:30 pm

January	01/02	<i>The Subluxation Complex</i>
	01/09	Strokes Uncovered
	01/16	Detoxification: Is It Right For You? - ONLINE ONLY
	01/30	Fountain of Youth - Rescheduled from 1/23
February	02/06	<i>Innate Intelligence</i>
	02/13	Non-Toxic Cleaning
	02/20	Heart Healthy Eating Habits
	02/27	Joint Repair and Biomechanics - ONLINE ONLY
March	03/06	<i>Safety Pin Cycle</i>
	03/13	Vaccines: Immunology
	03/20	Eating to Your Blood Type
	03/27	Carpal Tunnel Syndrome - ONLINE ONLY
April	04/03	<i>Time, Frequency, Intensity</i>
	04/10	Asthma and Allergies: What are They?
	04/17	Healthy Outdoor Living
	04/24	Headaches - ONLINE ONLY
May	05/01	<i>What Doctors Know But Don't Talk About</i>
	05/08	Chiropractic for All Ages
	05/15	Hydration and the Benefits of Water
	05/29	Benefits of Yoga and Stretching - Rescheduled from 5/22
June	06/05	<i>Get Well Faster And Stay Well Longer</i>
	06/12	Children and Chiropractic
	06/19	Gluten: Myths and Facts
	06/26	Arthritis - ONLINE ONLY

Infinite Health Family Chiropractic

1 Fisher Ave

Boscawen, NH 03303

(603) 753-4455

www.infinitehealth.biz

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!

July-December 2018 Spinal Workshop Schedule

Tuesday evenings at 6:30 pm

July	07/03	<i>Cause Vs. Effect Centered Care</i>
	07/10	Maintaining Healthy Blood Sugar
	07/17	Sports Nutrition
	07/31	Ergonomics - Rescheduled from 7/24
August	08/07	<i>How Long Does it Really Take?</i>
	08/14	Sport Injury Prevention
	08/21	GMO's: What Are They?
	08/28	Health Reform or Self Reform - ONLINE ONLY
September	09/04	<i>What is Chiropractic</i>
	09/11	Prescription Medications & Health
	09/18	Organic Foods & Their Benefit to Your Health
	09/25	The Time is Now For Healthy Choices - ONLINE ONLY
October	10/02	<i>How Should I Feel After an Adjustment?</i>
	10/09	All Natural Cold Relief
	10/16	Reduce Inflammation with Proper Diet
	10/30	The Power of Essential Oils - Rescheduled from 10/23
November	11/06	<i>Spend Less & Gain More From Your Healthcare</i>
	11/13	Epigenetic: Is it Really Genetic?
	11/20	Supplementation: Is it Right for You?
	11/27	Stress: Adapt or Perish - ONLINE ONLY
December	12/04	<i>Chiropractic: Then and Now</i>
	12/11	Spinal Exercises
	12/18	Weight Loss: The Proper Way
	12/25	No Class- Christmas

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