

January–June 2017 Spinal Workshop Schedule

Tuesday evenings at 6:30 pm

January	01/03	<i>The Subluxation Complex</i>
	01/10	Who Should Get Checked
	01/17	Detoxification: Is It Right For You?
	01/24	Fountain of Youth
February	02/07	<i>Innate Intelligence</i>
	02/14	Non-Toxic Cleaning
	02/21	Heart Healthy Eating Habits
	02/28	Joint Repair and Biomechanics
March	03/07	<i>Safety Pin Cycle</i>
	03/14	Vaccines: Immunology
	03/21	Eating to your Blood Type
	03/28	Carpal Tunnel Syndrome
April	04/04	<i>Time, Frequency, Intensity</i>
	04/11	Asthma and Allergies: What are They?
	04/18	Importance of Eating Greens
	04/25	Headaches
May	05/02	<i>What Doctors Know But Don't Talk About</i>
	05/09	Pregnancy and Childbirth Choices
	05/16	Hydration & The Benefits of Water
	05/23	Benefits of Yoga and Stretching
	05/30	Arthritis (rescheduled from 6/27)
June	06/06	<i>Get Well Faster And Stay Well Longer</i>
	06/13	Children and Chiropractic
	06/20	Gluten: Myths and Facts
	06/27	No Class - Dr Sam Vacation (class rescheduled to 5/30)

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 2017 Spinal Workshop Schedule

Tuesday evenings at 6:30 pm

July	07/04	<i>Closed for Independence Day (class rescheduled to 8/29)</i>
	07/11	Maintaining Healthy Blood Sugar
	07/18	Sports Nutrition
	07/25	Ergonomics
August	08/01	<i>How Long Does it Really Take?</i>
	08/08	Sport Injury Prevention
	08/15	GMO's: What Are They?
	08/22	Health Reform or Self Reform
	08/29	<i>Cause vs. Effect Centered Care (rescheduled from 7/4)</i>
September	09/05	<i>What is Chiropractic</i>
	09/12	Prescription Medications & Health
	09/19	Organic Foods & Their Benefit to Your Health
	09/26	The Time is Now For Healthy Choices
October	10/03	<i>How Should I Feel After an Adjustment?</i>
	10/10	All Natural Cold Relief
	10/17	Reduce Inflammation with Proper Diet
	10/24	The Right Shoe for You
November	11/07	<i>Spend Less & Gain More From Your Healthcare</i>
	11/14	Epigenetic: Is it Really Genetic?
	11/21	Supplementation: Is it Right for You?
	11/28	Stress: Adapt or Perish
December	12/05	<i>Stress: What Is It?</i>
	12/12	Spinal Exercises
	12/19	Weight Loss: The Proper Way
	12/26	Living With a Healthy Back

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