

WELLNESS WORKSHOPS

TUESDAYS @ 6:30PM

JUN 2021	Get Well Faster & Stay Well Longer	1-Jun
	Children & Chiropractic	8-Jun
	Gluten: Myths & Facts	15-Jun
	NO WORKSHOP	22-Jun
	Arthritis	29-Jun
JUL 2021	Cause vs. Effect Centered Care	6-Jul
	Maintaining Healthy Blood Sugar	13-Jul
	Sit Less	20-Jul
	Sports Nutrition - online	27-Jul
AUG 2021	How Long Does it Really Take?	3-Aug
	Sport Injury Prevention	10-Aug
	Health Reform or Self Reform	17-Aug
	GMOs: What Are They? - online	24-Aug
SEP 2021	What is Chiropractic	7-Sep
	Prescription Medications & Health	14-Sep
	Organic Foods & Their Benefit to Your Health	21-Sep
	The Time is Now for Healthy Choices	28-Sep
OCT 2021	How Should I Feel After an Adjustment?	5-Oct
	All Natural Cold Relief	12-Oct
	Reduce Inflammation with Proper Diet	19-Oct
	The Power of Essential Oils - online	26-Oct
NOV 2021	Spend Less and Gain More from Your Healthcare	2-Nov
	Epigenetics: Is it really genetic?	9-Nov
	Stress: Adapt or Perish	16-Nov
	NO WORKSHOP	23-Nov
	Supplementation: Is it Right for You? - online	30-Nov

Online workshops are reserved for those who have special circumstances (requires prior approval by Dr. Sam)

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DEC 2021	Chiropractic: Then & Now	7-Dec
	Spinal Exercises	14-Dec
	Weight Loss: The Proper Way	21-Dec
	Super Immunity	28-Dec
JAN 2022	The Subluxation Complex	4-Jan
	Strokes Uncovered	11-Jan
	Fountain of Youth	18-Jan
	Detoxification: Is It Right for You? - online	25-Jan
FEB 2022	Innate Intelligence	1-Feb
	Non-Toxic Cleaning	8-Feb
	Pain Management	15-Feb
	Heart Healthy Eating Habits - online	22-Feb
MAR 2022	What Works	1-Mar
	Vaccines & Immunology	8-Mar
	Eating to Your Blood Type	15-Mar
	NO WORKSHOP	22-Mar
	Tech Neck	29-Mar
APR 2022	Rhyme & Rhythm	5-Apr
	Healthy Sleep Habits	12-Apr
	Healthy Outdoor Living	19-Apr
	Brain Drain - online	26-Apr
MAY 2022	Prescribed Epidemic	3-May
	Chiropractic for All Ages	10-May
	Benefits of Yoga & Stretching	17-May
	Hydration and the Benefits of Water	24-May

I understand that workshop attendance is a mandatory component of my chiropractic care plan, and that I have been pre-registered for those circled above. I agree to attend the total number of workshops as required, and I understand that it is my responsibility to reschedule any missed workshops.

Signature: _____

Date: _____

Patient Name: _____

_____ In-house _____ Facebook