

JOIN US IN OUR OFFICE FOR A HEALTH WORKSHOP!

ALL OUR WORKSHOPS ARE FREE AND OPEN TO THE COMMUNITY

TUESDAY EVENINGS AT 6:30PM

Also live streaming on our Facebook Page!!

June 2019	4-Jun	<i>Get Well Faster and Stay Well Longer</i>
	11-Jun	Children and Chiropractic
	18-Jun	Gluten: Myths and Facts
	25-Jun	Arthritis (ONLINE ONLY)

July 2019	2-Jul	<i>Cause vs. Effect Centered Care</i>
	9-Jul	Maintaining Healthy Blood Sugar
	16-Jul	Sports Nutrition
	23-Jul	NO CLASS
	30-Jul	Ergonomics (rescheduled from 7/23)

August 2019	6-Aug	<i>How Long Does it Really Take?</i>
	13-Aug	Sport Injury Prevention
	20-Aug	GMOs: What are they?
	27-Aug	Health Reform or Self Reform (ONLINE ONLY)

September 2019	3-Sep	<i>What is Chiropractic?</i>
	10-Sep	Prescription Medications and Health
	17-Sep	Organic Foods and Their Benefit to Your Health
	24-Sep	The Time is Now for Healthy Choices (ONLINE ONLY)

October 2019	1-Oct	<i>How Should I Feel after an Adjustment?</i>
	8-Oct	All Natural Cold Relief
	15-Oct	Reduce Inflammation with Proper Diet
	23-Oct	NO CLASS
	29-Oct	The Power of Essential Oils (rescheduled from 10/23)

November 2019	5-Nov	<i>Spend Less and Gain More from Your Healthcare</i>
	12-Nov	Epigenetics: Is it really genetic?
	19-Nov	Supplementation: Is it right for you?

	26-Nov	Stress: Adapt or Perish (ONLINE ONLY)
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December 2019	3-Dec	<i>Chiropractic: Then and Now</i>
	10-Dec	Spinal Exercises
	17-Dec	Weight Loss: The Proper Way
	24-Dec	NO CLASS

January 2020	7-Jan	<i>The Subluxation Complex</i>
	14-Jan	Strokes Uncovered
	21-Jan	Detoxification: Is it right for you?
	28-Jan	Fountain of Youth (ONLINE ONLY)

February 2020	4-Feb	<i>Innate Intelligence</i>
	11-Feb	Non-Toxic Cleaning
	18-Feb	Heart Healthy Eating Habits
	25-Feb	Joint Repair and Biomechanics (ONLINE ONLY)

March 2020	3-Mar	<i>What Works</i>
	10-Mar	Vaccines: Immunology
	17-Mar	Eating to Your Blood Type
	24-Mar	NO CLASS
	31-Mar	Carpal Tunnel Syndrome (rescheduled from 3/24)

April 2020	7-Apr	<i>Rhyme & Rhythm</i>
	14-Apr	Asthma & Allergies: What Are They?
	21-Apr	Healthy Outdoor Living
	28-Apr	Headaches (ONLINE ONLY)

May 2020	5-May	<i>Prescribed Epidemic</i>
	12-May	Chiropractic for All Ages
	19-May	Benefits of Yoga and Stretching
	26-May	Hydration and the Benefits of Water (ONLINE ONLY)