



2017 Spinal Workshop Schedule
 Tuesday @ 6:15pm

November 7	Rules of Rapid Recovery
November 14	Diabetes
November 21	Fit to Sit
November 28	Stress: Adapt or Perish
December 5	Principles of Healing
December 12	Optimizing Immunity
December 19	Powerful Posture & Proper Lifting
December 26	New Beginnings: Preparing for a Healthy New Year
	2018
January 2	Stop the Chatter: Quiet your mind for better sleep, focus, & health
January 9	Rebooting Your Health with Personalized Purification
January 16	3 Secrets to Getting Healthy in a Hurry
January 23	The Safety Pin Cycle: Your Mind-Body Connection
January 30	Fit to Sit
February 6	High Blood Pressure
February 13	Love Your Spine
February 20	Stress: Adapt or Perish
February 27	Chiropractic Works - The How and Why
March 6	Alzheimer's Prevention
March 13	Pain Free Foods: The Anti-inflammatory Diet
March 20	Freedom from Low Back Pain
March 27	The Chiropractic Difference: Shared Experiences
April 3	Healthy Curves Ahead: Put the Spring Back into Your Spine
April 10	Optimizing Immunity
April 17	Reversing Arthritis
April 24	The Rules of Rapid Recovery
May 1	Mayday: What Your Innate Intelligence is Trying to Tell You



2018 Spinal Workshop Schedule
 Tuesday @ 6:15pm

May 8	Powerful Posture & Proper Lifting
May 15	Women Only Workshop: Specific Nutrition
May 22	Principled Healing
May 29	Back Pain & Sciatica
June 5	Stop & Reverse the Aging Process
June 12	The Safety Pin Cycle: Your Mind-Body Connection
June 19	Men Only Workshop: Targeted Nutrition
June 26	Stress: Adapt or Perish
July 3	3 Secrets to Get Healthy in a Hurry
July 10	Fibromyalgia and Nerve Pain
July 17	Fit to Sit
July 24	Embracing the Process of Healing
July 31	Stop the Chatter: Quiet your mind for better sleep, focus, & health
August 7	Health Reform = Self Reform
August 14	Healthy Curves Ahead: Putting the Spring Back in Your Spine
August 21	Insomnia & Secrets to a Better Night's Sleep
August 28	Purposeful Healing
September 4	Chiropractic Works - The How and Why
September 11	Purify Your Life
September 18	Stress: Adapt or Perish
September 25	Pain Free Foods
October 2	The Big Picture of Your Health
October 9	The Chiropractic Difference
October 16	Osteoporosis
October 23	The Safety Pin Cycle: Your Mind-Body Connection
October 30	Arthritis - Don't Get Rough Around the Edges