

WELLNESS WORKSHOPS: 2022

Tuesday Nights @ 6:30pm



1/4
1/11
1/18
1/25

What Works in Your Body

Safety Pin Cycle: How Your Health is Connected
Stretch & Be Strong
1/2 Hour to Health



2/1
2/8
2/15
2/22

Rhyme & Rhythm of Healthy Living

Comparative Health Options
Normal Headaches ?
The Spark of Life: Innate Intelligence



3/1
3/8
3/15
3/22
3/29

My Wellness Journey

Living With a Healthy Back
Tech Neck
Top Secrets for Getting Results
Food Desert



4/5
4/12
4/19
4/26

What Works in Your Body

Super Immunity
Health Hacks
Vital Needs: To Survive & Thrive



5/3
5/10
5/17
5/24
5/31

Rhyme & Rhythm of Healthy Living

Prescribed Epidemic
Principles to Live By
Longevity
Chiropractic Jeopardy



6/7
6/14
6/21
6/28

My Wellness Journey

Tech Neck
What Phase Am I?
Sit Less

WELLNESS WORKSHOPS: 2022

Tuesday Nights @ 6:30pm



7/5
7/12
7/19
7/26

What Works in Your Body

Stretch & Be Strong
Simple Ways to Show Your Spine Some Love
Fibromyalgia



8/2
8/9
8/16
8/23
8/30

Rhyme & Rhythm of Healthy Living

Myths, Truths, & Consequences
Comparative Health Options
Normal Headaches ?
Mind Over Body



9/6
9/13
9/20
9/27

My Wellness Journey

Living With a Healthy Back: School Edition
Tech Neck
Carpal Tunnel



10/4
10/11
10/18
10/25

What Works in Your Body

Super Immunity
Health Hacks
Vital Needs: To Survive & Thrive



11/1
11/8
11/15
11/22
11/29

Rhyme & Rhythm of Healthy Living

Prescribed Epidemic
Where Do Subluxations Come From ?
Longevity
Low Energy & Fatigue Getting You Down?



12/6
12/13
12/20
12/27

My Wellness Journey

Pain Management
Sit Less
5 Things To Help Plan For a Healthy New Year