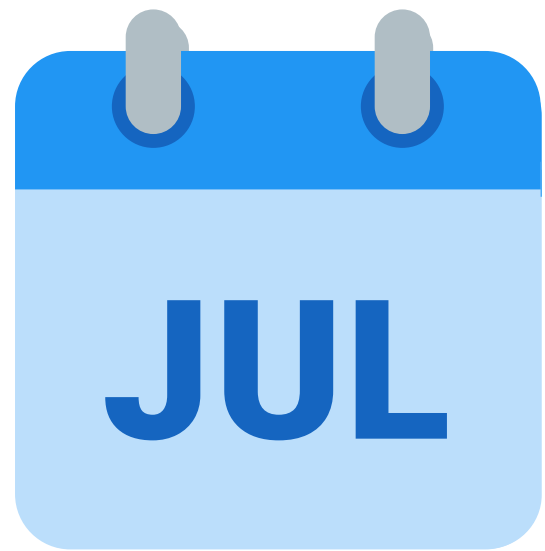


WELLNESS WORKSHOPS: 2022

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

WELLNESS WORKSHOPS: 2023

Tuesday Nights @ 6:30pm



1/3
1/10
1/17
1/24
1/31

What Works in Your Body

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



2/7
2/14
2/21
2/28

Rhyme & Rhythm of Healthy Living

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



3/7
3/14
3/21
3/28

My Wellness Journey

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



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

What Works in Your Body

Super Immunity
Mind over Body
Vital Needs: To Survive & Thrive



5/2
5/9
5/16
5/23
5/30

Rhyme & Rhythm of Healthy Living

Prescribed Epidemic
Principles to Live By
Longevity
Health Hacks



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

My Wellness Journey

Tech Neck
What Phase Am I?
Sit Less