# Awakening Chiropractic

## Spinal Workshop Schedule 2020

**Monday’s 5:30-6:00pm**

***January***

***6th* Bulletproof Your Body**

***13th* The Time is Now to Change Your Life: How to Make Lasting New Year’s Resolutions**

**20*th* Bacterial Resistance to Antibiotics: How Essential Oils Will Protect You (1 hour)**

***27th* Sleep Well Strategies**

***February***

***3rd* Bulletproof Your Body**

***10th* Chiropractic BINGO Night**

***17th* Lifestyle Nutrition for Heart Health**

***24th* Live An Active Life With Healthy Feet**

***March***

***2nd* Bulletproof Your Body**

***9th* Supplements For Joint Health**

***16th* Daily Supplement Routine**

***23rd* Nutrition for Thyroid Health**

***30th*  Live An Active Life With Healthy Shoulders**

***April***

***6th* Bulletproof Your Body**

***13th* Supplements For Heart Health**

***20th* The Negative Effects of Technology On Us and Our Future Generation**

***27th* Fasting for Health and Longevity**

***May***

***4th* Bulletproof Your Body**

***11th* Bone Health**

***18th* Nutrition for a Plant Based Diet**

***June***

***1st* Bulletproof Your Body**

***8th* Digestive Health**

***15th* Made to Run: Evolution of Running and Its Effects on the Human Body**

***22nd* Live an Active Life With a Healthy Lower Back**

***29th*  Brain Health**

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**Monday’s 5:30-6:00pm**

***July***

***6th* Bulletproof Your Body**

***13th* Everything Is Awesome: The Power of Positive Thought**

***20th* Live an Active Life with A Healthy Neck**

***27th* Guest Speaker on: Holistic Use of Essential Oils (1hr)**

***August***

***3rd* Bulletproof Your Body**

***10th* Live an Active Life with Healthy Knees**

***17th* Chair Exercises for Home and Office**

***24th* The Health Benefits of Getting Outside Each Day**

**31st Sleep Well Strategies**

***September***

***14th* Bulletproof Your Body**

***21st* How to Boost Your Immune System Without The Flu Shot**

***28th* The Time is Now to Change Your Life**

***October***

***5th* Bulletproof Your Body**

***12th* Wellness Chiropractic Care IS Health Insurance**

**19th The Power of Nutrition**

***26th* Core Stability Exercises**

***November***

***2nd* Bulletproof Your Body**

***9th* Healthy Holiday Recipes**

***16th* Chiropractic TRIVIA Night: How Well Do You Know Chiropractic?**

***23rd* Oxygen: The UNDERRATED Element That Fuels Us**

**30th Fasting for Health and Longevity**

***December***

***7th* Bulletproof Your Body**

***14th* The Gift of Health with Essential Oils**

***21st* Carbs, Protein, Fat: What Does it All mean?**

**28th Ask the Doctor?**