



2016 Spinal Workshop Schedule  
 Tuesday @ 6:15pm

<b>January 5</b>	<b>3 Secrets to Getting Healthy in a Hurry</b>
<b>January 12</b>	<b>Purify Your Life*</b>
January 19	Neck Pain, Headaches, and Migraines
<b>January 26</b>	<b>The Safety Pin Cycle: The Mind-Body Connection</b>
<b>February 2</b>	<b>Half Hour to Health: Love Your Spine</b>
February 9	High Blood Pressure & Heart Health
<b>February 16</b>	<b>Fit to Sit</b>
<b>February 23</b>	<b>Stress: Adapt or Perish</b>
<b>March 1</b>	<b>Chiropractic Works: Understanding the How &amp; Why</b>
March 8	Pain Free Foods
March 15	Alzheimer's and Memory Loss: Protecting Your Brain
<b>March 22</b>	<b>Arthritis - Don't Get Rough Around the Edges</b>
<b>March 29</b>	<b>Healthy Curves Ahead: Put the Spring Bank into Your Spine</b>
<b>April 12</b>	<b>The Rules of Rapid Recovery</b>
April 19	Optimizing Immunity
<b>April 26</b>	<b>Low Back Pain &amp; Sciatica</b>
<b>May 3</b>	<b>Unleashing Your Innate Intelligence</b>
May 10	Women Only Workshop: Taking Control of Your Health with Nutrition
<b>May 17</b>	<b>Think Healthy Thoughts: The Power of Thought on Your Health</b>
<b>May 24</b>	<b>Powerful Posture &amp; Proper Lifting</b>
<b>May 31</b>	<b>Principled Healing</b>
June 7	Nerve Pain & Neuropathy
<b>June 14</b>	<b>Stop &amp; Reverse the Aging Process</b>
<b>June 21</b>	<b>The Safety Pin Cycle: Your Mind-Body Connection</b>
<b>June 28</b>	<b>Stress: Adapt or Perish</b>



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<b>July 5</b>	<b>3 Secrets to Getting Healthy in a Hurry</b>
July 12	Fibromyalgia
<b>July 19</b>	<b>Fit to Sit</b>
<b>July 26</b>	<b>Engaging in the Process of Healing</b>
<b>August 2</b>	<b>Health Reform, Self-Reform</b>
August 9	Insomnia & Secrets to a Better Night's Sleep
<b>August 16</b>	<b>Purposeful Healing</b>
<b>August 30</b>	<b>Chiropractic Works: Understanding the How &amp; Why</b>
<b>September 6</b>	<b>Healthy Curves Ahead: Put the Spring Back into Your Spine</b>
<b>September 13</b>	<b>The Safety Pin Cycle: Your Mind-Body Connection</b>
September 20	Purify Your Life! *
<b>September 27</b>	<b>The Big Picture of Your Health</b>
<b>October 4</b>	<b>Stress: Adapt or Perish</b>
<b>October 11</b>	Pain Free Foods
<b>October 18</b>	Diabetes
<b>October 25</b>	<b>Arthritis - Don't Get Rough Around the Edges</b>
<b>November 1</b>	<b>The Rules of Rapid Recovery</b>
<b>November 8</b>	<b>Fit to Sit</b>
November 15	Understanding Autoimmune Conditions
<b>November 22</b>	<b>Principled Healing</b>
November 29	Optimizing Immunity
<b>December 6</b>	<b>Stop &amp; Reverse the Aging Process</b>
<b>December 13</b>	<b>Powerful Posture &amp; Proper Lifting</b>
<b>December 20</b>	<b>Unleashing Your Innate Intelligence</b>
<b>December 27</b>	<b>New Beginnings: Preparing for a Healthy New Year</b>