

# **2017 Workshop Schedule – Raleigh**

Call or sign up in the office to reserve seats for you and your loved ones!

The healthiest patients come to a workshop every month!

<i>Date/Time</i>		<i>Workshop</i>
Tue, Jan 3	12pm	Intro to Spinal Re-Engineering
Wed, Jan 11	12pm	Detox & Purification (1 hour)
Mon, Jan 16	6pm	Dinner w/ the Doc: Tribeca Tavern
Tue, Jan 24 <sup>th</sup>	6pm	Posture
Tue, Jan 31	6pm	Intro to Spinal Re-Engineering
Mon, Feb 6	6pm	Lose Weight Naturally
Wed, Feb 15	12pm	Stress
Tue, Feb 21	12pm	Posture
Mon, Feb 27	6pm	Recipe Night
Tue, Mar 7	12pm	Intro to Spinal Re-Engineering
Wed, Mar 15	12pm	Cancer Killer (1 hour)
Tue, Mar 21	6pm	Posture
Mon, Mar 27	6pm	Advanced Exercise
Tue, Apr 4	6pm	Intro to Spinal Re-Engineering
Wed, Apr 12	12pm	Asthma & Allergies
Tue, Apr 18	12pm	Posture
Mon, Apr 24	6pm	Dinner w/ the Doc
Tue, May 2	12pm	Intro to Spinal Re-Engineering
Wed, May 10	12pm	Joint Health
Tue, May 16	6pm	Posture
Mon, May 22	6pm	Heart & Blood Pressure Health
Tue, May 30	6pm	Intro to Spinal Re-Engineering
Mon, June 5	6pm	Detox & Purification
Wed, June 14	12pm	Stretching

**Team Chiropractic / 309-199 W. Millbrook Rd / phone 919-788-8881 / teamchiro.com**

## **Saturday Workshops @ 10am**

- Sat, March 25<sup>th</sup>      Brain Health
- Sat, June 17<sup>th</sup>      Blood Sugar Regulation & Diabetes
- Sat, September 16<sup>th</sup>      Holy Hormones
- Sat, December 16<sup>th</sup>      Strong Bones & Cavity Free Teeth