



# 2017 Workshop Schedule - Wakefield

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!

<b>Monday /Tues Night, 6pm</b>		<b>Wednesday, 12pm</b>	
Tue, Jan 24	Titanium Immune System	Jan 18	Stretching
Mon, Jan 30	Fitness @ O2	Feb 8	Intro to Spinal Re-Engineering
Mon, Feb 20	Heart Health	Feb 15	Deep Sleep
Tue, Mar 7	Diabetes/Blood Sugar Regulation	Mar 15	Men's Health
Mon, Mar 27	Stress		
		Apr 12	Why is my brain not working?
Mon, Apr 24	Community Dinner	Apr 19	Posture
Mon, May 15	Women's Health	May 10	Allergies and Asthma
Tue, June 13	Shop Smart	June 7	Cancer Killer
Mon, June 26	Recipe Night		
Tue, July 18	Exercise	July 12	Joint Health
Tue, Aug 15	Kid's Health/Backpack Safety	Aug 9	Stress
Mon, Aug 28	Total Food Makeover	Sept 13	Titanium Immune System
		Sept 27	Posture
Tues, Oct 10	Blood Sugar		
Mon, Oct 16	Caner Killer	Oct 25	Spinal Reengineering
Tue, Nov 14	Recipe Night		
Mon, Nov 27	Strong Bones & Cavity Free Teeth		
Mon, Dec 4	Deep Sleep	Dec 13	Exercise
Mon, Dec 18	Staying Healthy Thru the Holidays		

<b>Online: <a href="http://teamchiro.com/workshop">teamchiro.com/workshop</a></b>	<b>DVD</b>
Deep Sleep Joint Health Exercise Advanced Exercise Posture Fed Up (Netflix) Hungry for Change (Netflix)	Exercise Advanced Exercise Boost Immune System Naturally Arthritis