

**2018** 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!

Wedn, 12pmFebruary 7thSpinal ReengineeringMon, 6pmFebruary 12thHeart HealthWedn, 12pmFebruary 27thBrain FitWedn, 12pmMarch 7thAsthma and AllergiesMon, 6:15pmMarch 12thCancer Killer – Dinner with the DocMon 12pmMarch 19thHeadache BusterWedn, 12pmMarch 28thPostureWedn, 12pmApril 4thGut CheckMon, 6pmApril 9thSpinal ReengineeringMon, 6pmApril 16thSpring Cleaning – Household DetoxWedn, 12pmApril 25thLick the Sugar HabitWedn, 12pmMay 2ndBuilding Health FamiliesMon, 6:15pmMay 7thWomen's Health – Dinner with the DocWedn, 12pmMay 16thPostureMon, 6pmMay 21stStretching/Injury PreventionMon, 6pmJune 4thExerciseWedn, 12pmJune 13thMen's Health				
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	Mon, 6pm	May 21st	Stretching/Injury Prevention	
Wedn, 12pm June 13 <sup>th</sup> Men's Health	Mon, 6pm	June 4 <sup>th</sup>	Exercise	
	Wedn, 12pm	June 13 <sup>th</sup>	Men's Health	
Mon, 12pm June 18 <sup>th</sup> Spinal Reengineering	Mon, 12pm	June 18 <sup>th</sup>	Spinal Reengineering	
Thur, 6pm June 28 <sup>th</sup> Joint Health/Arthritis	Thur, 6pm	June 28 <sup>th</sup>	Joint Health/Arthritis	

Online: teamchiro.com/workshop	DVD		
Deep Sleep	Exercise		
Joint Health	Advanced Exercise		
Exercise	Boost Immune System Naturally		
Advanced Exercise	Arthritis		
Posture	Posture		
Fed Up (Netflix)			
Hungry for Change (Netflix)			