



## 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, 12pm	July 11 <sup>th</sup>	Gut Check
Mon, 6pm	July 16 <sup>th</sup>	Posture
Tues, 12pm	July 24 <sup>rd</sup>	Shop Smart with Morgan (8 people max)
Mon, 6pm	July 30 <sup>th</sup>	Building Healthy Families
Mon, 6pm	Aug 6 <sup>th</sup>	Spinal Reengineering
Wedn, 12pm	Aug 15 <sup>th</sup>	Women's Health
Mon, 6pm	Aug 20 <sup>th</sup>	Cancer Killer
Wedn, 12pm	Aug 29 <sup>th</sup>	Deep Sleep
Mon, 6pm	Sept 3 <sup>rd</sup>	Brian Fit
Wedn, 12pm	Sept 10 <sup>th</sup>	Posture
Mon, 6pm	Sept 19 <sup>th</sup>	Heart Health
Wedn, 12pm	Sept 26 <sup>th</sup>	Detox Before the Holidays
Wedn, 12pm	Oct 3 <sup>rd</sup>	Boost your Immune System
Mon, 6pm	Oct 8 <sup>th</sup>	Spinal Reengineering
Wedn, 12pm	Oct 17 <sup>th</sup>	Blood Sugar Regulation
Mon 6pm	Oct 22 <sup>st</sup>	Exercise
Mon, 6pm	Nov 5 <sup>th</sup>	Stress Regulation
Wedn, 12pm	Nov 14 <sup>th</sup>	Joint Health
Mon, 6pm	Nov 19 <sup>th</sup>	Posture
Mon, 6pm	Dec 3 <sup>rd</sup>	Recipe Exchange
Wedn, 12pm	Dec 12 <sup>th</sup>	Spinal Reengineering
Mon, 6pm	Dec 17 <sup>th</sup>	Immune Health

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