



2019 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>
Tues. Jan 8	12pm	Intro to Spinal Re-Engineering
Tues. Jan 15	6pm	Detox & Purification
<u>Sat Jan 19</u>	<u>11am</u>	<u>Stretching</u>
Tues. Jan 22	6pm	Posture
Wed. Jan 30	12pm	Joint Health
Tues. Feb 5	6pm	Intro to Spinal Re-Engineering
Tues Feb 12	6pm	Dinner with Doc: Heart Health
Tues Feb 19	12pm	Posture
Wed Feb 27	12pm	Holy Hormones
Tues Mar 5	12pm	Intro to Spinal Re-Engineering
Tues Mar 12	6pm	Total Food Makeover
Tues Mar 19	6pm	Posture
Wed Mar 27	12pm	Exercise
Tues Apr 2	6pm	Intro to Spinal Re-Engineering
Tues Apr 9	6pm	Asthma & Allergies
Tues Apr 16	12pm	Posture
<u>Sat Apr 20</u>	<u>11am</u>	<u>Exercise</u>
Wed Apr 24	12pm	Lunch with Doc: Gut and Immune Health
Tue Apr 30	12 pm	Intro to Spinal Re-Engineering
Tue May 7	6pm	Brain Health
Tue May 14	6 pm	Posture
Wed May 22	12pm	Lick the Sugar Habit
Tues May 28	12 pm	Intro to Spinal Re-Engineering
Tue Jun 4	6pm	Dinner with Doc: Cancer Killer
Tue Jun 11	12 pm	Posture
Wed Jun 19	12pm	Detox & Purification
Tues Jun 25	6 pm	Intro to Spinal Re-Engineering
Tue Jul 2	6 pm	Posture
<u>Sat Jul 7</u>	<u>11am</u>	<u>Deep Sleep</u>
Tue Jul 9	6 pm	Advanced Exercise
Wed Jul 17	12pm	Gut Health

Tue Jul 23	12 pm	Intro to Spinal Re-Engineering
Tue Jul 30	6pm	Joint Health
Tue Aug 6	12 pm	Posture
Wed Aug 14	12pm	Lunch with Doc: Stress Reduction
Tue Aug 20	6 pm	Intro to Spinal Re-Engineering
Tue Aug 27	6pm	Heart Health
Tue Sept 3	6 pm	Posture
Wed Sept 11	12pm	Headaches/Migraines
Tue Sept 17	12pm	Intro to Spinal Re-Engineering
Tue Sept 24	6pm	Holy Hormones
Tue Oct 1	12pm	Posture