

2020 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!

Wedn, 12pm	Jan 15 th	Resolution Reset
Mon, 6pm	Jan 27 th	DWD: Lasting Immunity (Raleigh + Wakefield)
Wedn, 12pm	Feb 12 th	Detox
Tues, 6pm	Feb 25 th	Migraines/Headaches
Wedn, 12pm	Mar 11 th	LWD: Sugar Crash
Tues, 6pm	Mar 31 st	Next Generation Kids
Wedn, 12pm	Apr 15 th	Asthma/Allergies
Tues, 6pm	Apr 28 th	Freedom Through Fitness
Wedn, 12pm	May 13 th	Women's Health
Tues, 6pm	May 26 th	DWD: Align Your Health
Wedn, 12pm	June 10 th	Balance/Stability
Tues, 6pm	June 23 rd	Recipe Night
Tues, 6pm	July 14 th	Advanced Home Care - Upper Body
Tues, 6pm	July 28 th	DWD: Gut Health/Auto Immune
Tues, 6pm	Aug 4 th	Core Engagement (20 seats)
Wedn, 12pm	Aug 12 th	Advanced Home Care – Lower Body
Tues, 6pm	Aug 25 th	Detox
Wedn, 12pm	Sept 16 th	Deep Breathing
Tues, 6pm	Sept 29 th	DWD: Migraines/Headaches
Tues, 6pm	Oct 13 th	Next Generation Kids
Wedn, 12pm	Oct 28 th	Lasting Immunity
Wedn, 12pm	Nov 11 th	LWD: Stress
Mon, 6pm	Nov 30 th	Stretching (20 seats)
Wedn, 12pm	Dec 9 th	Staying Healthy Through Holidays
Tues, 6pm	Dec 29 th	Balance/Stability

Online Workshops: teamchiro.com/workshops

worksheets can be printed from the website or picked up at the front desk

Spinal Re-Engineering
Posture
Exercise
Advanced Exercise

Holy Hormones
Heart Health
Cancer Killers
Deep Sleep