

2020 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!

Mon, 6pm	Jan 13 th	Resolution Reset
Mon, 6pm	Jan 27 th	DWD: Lasting Immunity (Raleigh + Wakefield)
Mon, 6pm	Feb 10 th	Detox
Tues, 12pm	Feb 25 th	Migraines/Headaches
Mon, 6pm	Mar 9 th	DWD: Sugar Crash
Tues, 12pm	Mar 31 st	Next Generation Kids
Mon, 6pm	Apr 13 th	Asthma/Allergies
Tues, 12pm	Apr 28 th	Freedom Through Fitness
Mon, 6pm	May 11 th	DWD: Align Your Health
Tues, 12pm	May 26 th	Men's Health
Mon, 6pm	June 8 th	Balance/Stability
Tues, 12pm	June 23 rd	Arthritis
Tues, 12pm	July 14 th	Advanced Home Care - Upper Body
Mon, 6pm	July 27 th	DWD: Gut Health/Auto Immune
Tues, 12pm	Aug 4 th	Core Engagement (20 seats)
Mon, 6pm	Aug 10 th	Advanced Home Care – Lower Body
Tues, 12pm	Aug 25 th	Detox
Mon, 6pm	Sept 14 th	Deep Breathing
Mon, 6pm	Sept 28 th	DWD: Migraines/Headaches
Tues, 12pm	Oct 13 th	Next Generation Kids
Mon, 6pm	Oct 26 th	Lasting Immunity
Mon, 6pm	Nov 9 th	DWD: Stress
Tues, 12pm	Nov 24 th	Stretching (20 seats)
Mon, 6pm	Dec 7 th	Staying Healthy Through Holidays
Tues, 12pm	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