

# WELLNESS WORKSHOPS: 2023

Tuesday Nights @ 6:30pm



**1/3**  
1/10  
1/17  
1/24  
1/31

## **What Works in Your Body**

Safety Pin Cycle: How Your Health is Connected  
Stretch & Be Strong  
1/2 Hour to Health  
Food Desert



**2/7**  
2/14  
2/21  
2/28

## **Rhyme & Rhythm of Healthy Living**

Comparative Health Options  
Normal Headaches ?  
The Spark of Life: Innate Intelligence



**3/7**  
3/14  
3/21  
3/28

## **My Wellness Journey**

Living With a Healthy Back  
Tech Neck  
Top Secrets for Getting Results



**4/4**  
4/11  
4/18  
4/25

## **What Works in Your Body**

Super Immunity  
Mind over Body  
Vital Needs: To Survive & Thrive



**5/2**  
5/9  
5/16  
5/23  
5/30

## **Rhyme & Rhythm of Healthy Living**

Prescribed Epidemic  
Principles to Live By  
Longevity  
Health Hacks



**6/6**  
6/13  
6/20  
6/27

## **My Wellness Journey**

Tech Neck  
What Phase Am I?  
Sit Less

# WELLNESS WORKSHOPS: 2023

Tuesday Nights @ 6:30pm



**7/4**  
7/11  
7/18  
7/25

## **What Works in Your Body**

Stretch & Be Strong  
Simple Ways to Show Your Spine Some Love  
Tennis Elbow



**8/1**  
8/8  
8/15  
8/22  
8/29

## **Rhyme & Rhythm of Healthy Living**

Myths, Truths, & Consequences  
Comparative Health Options  
Normal Headaches ?  
Mind Over Body



**9/5**  
9/12  
9/19  
9/26

## **My Wellness Journey**

Living With a Healthy Back  
Tech Neck  
Carpal Tunnel



**10/3**  
10/10  
10/17  
10/24  
10/31

## **What Works in Your Body**

Super Immunity  
Health Hacks  
Vital Needs: To Survive & Thrive  
Mental Health - a new pandemic



**11/7**  
11/14  
11/21  
11/28

## **Rhyme & Rhythm of Healthy Living**

Prescribed Epidemic  
Where Do Subluxations Come From ?  
Longevity



**12/5**  
12/12  
12/19  
12/26

## **My Wellness Journey**

Pain Management  
Sit Less  
5 Things To Help Plan For a Healthy New Year