



**Spinal Workshops**  
*Tuesday at 6:30-7:00pm*

**January 2026**

- 1/6 Spinal Hygiene 101
- 1/13 Three Keys to Optimal Healing
- 1/20 Good Vibes: Vibration Therapy & Rehab
- 1/27 Posture Perfect

**February 2026**

- 2/3 Adjust Your Brain. Adjust Your Life.
- 2/10 Correct Your Curves
- 2/17 Safety Pin Cycle
- 2/24 Sit Less. Move MORE.

**March 2026**

- 3/3 Lifetime Care
- 3/10 Sick POSTURE = Sick Health
- 3/17 Five Keys to a Better Night's Sleep
- 3/24 Spinal Hygiene 102
- 3/31 Subluxations, Degenerative Discs & Arthritis

**April 2026**

- 4/7 Three Keys to Optimal Healing
- 4/14 Good Vibes: Vibration Therapy & Rehab
- 4/21 Tech Neck: An Epidemic
- 4/28 Adjust Your Brain. Adjust Your Life.

**May 2026**

- 5/5 Safety Pin Cycle
- 5/12 Correct Your Curves
- 5/19 Sit Less. Move More.
- 5/26 Sciatica, Low Back Pain & Exercise

**June 2026**

- 6/2 Auto-Accidents, Whiplash and Chiropractic
- 6/9 Spinal Hygiene 101
- 6/16 Lifetime Care
- 6/23 Posture Perfect
- 6/30 Five Keys to a Better Night's Sleep

