

WELLNESS WORKSHOP

2022 SCHEDULE

Tuesdays at 6:30 pm

(30 Minutes Long)



JUL

- 7/5: Safety Pin Cycle
- 7/12: Mechanisms of Movement
- 7/19: Normal Headaches?
- 7/26: Workspace Wellness

AUG

- 8/2: Time, Frequency, & Intensity
- 8/9: Stretch & Be Strong
- 8/16: Tested by Trauma
- 8/23: #TechNeck
- 8/30: My Wellness Journey

SEP

- 9/6: Lifetime Care
- 9/13: Healthy Low Back
- 9/20: Brain Drain
- 9/27: Human Maintenance Schedule

OCT

- 10/4: Safety Pin Cycle
- 10/11: Progression & Patterns
- 10/18: Super Immunity
- 10/25: Chiro-Jeopardy

NOV

- 11/1: Safety Pin Cycle
- 11/8: Mechanisms of Movement
- 11/15: Your Strong Foundation
- 11/22: Tools to Grow By
- 11/29: My Wellness Journey

DEC

- 12/6: Stretch & Be Strong
- 12/13: Your Health Savings
- 12/20: Touched by Miracles



Who are you bringing?

tlc-chiro.life

(215) 657-3200



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JAN

1/3: Safety Pin Cycle

1/10: True Tractioning

1/17: Normal Headaches?

1/24: Intelligent Body Design & Function

FEB

2/7: Time, Frequency, & Intensity

2/14: Progression & Patterns

2/21: Tested by Trauma

2/28: Sitting is the New Smoking

MAR

3/7: My Wellness Journey

3/14: Mechanisms of Movement

3/21: Healthy Low Back

3/28: Brain Drain

APR

4/4: Safety Pin Cycle

4/11: Stretch & Be Strong

4/18: #TechNeck

4/25: Sleep Well

MAY

5/2: Time, Frequency, & Intensity

5/9: True Tractioning

5/16: Super Immunity

5/23: Prescribed Epidemic

5/30: My Wellness Journey

JUN

6/6: Progression & Patterns

6/13: My Wellness Journey

6/20: Eat Well

6/27: Comparative Care Options



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