

## Spinal Workshop Schedule

January	01/02	<i>Closed</i>
	01/09	<b>Here to Serve - Time Frequency Intensity</b>
	01/16	Stress - Adapt or Perish - Mental Stress
	01/23	Arthritis - Don't Get Rough Around Your Edges
	01/30	<i>Detoxification -Is it a SCAM?</i>
February	02/06	<b>Body Communication - Safety Pin Cycle</b>
	02/13	Heachaches Pounding Your Brain?
	02/20	Dry Needling - Finally Explained!
	02/27	<i>What Your Doctor Doesn't Know About Vitamin D</i>
March	03/06	<b>Why Does Chiropractic Work</b>
	03/13	Stress - Adapt or Perish - Physical Stress
	03/20	Nutritional Muscle Testing to Check Your Health!
	03/27	<i>Understanding &amp; Addressing Acid Reflux Naturally</i>
April	04/03	<b>How Long Does It Really Take?</b>
	04/10	Preventing Low Back Injuries - Ouch!
	04/17	Can I Adjust Myself - Manipulation VS. Adjustment
	04/24	<i>Nutrition- The 9 Month Miracle?</i>
May	05/01	<b>Here to Serve - Time Frequency Intensity</b>
	05/08	Stress - Adapt or Perish - Chemical Stress
	05/15	Spinal Exercise
	05/22	Spend Less & Gain More From Your Healthcare
	05/29	<i>Sick and Tired of Being Tired - Fight Fatigue</i>
June	06/05	<b>-Body Communication - Safety Pin Cycle</b>
	06/12	<i>The Calcium and Bone LIE</i>
	06/19	Crisis Care or Healthcare - What's The Difference?
	06/26	<i>Your Nutrition for Optimal Health &amp; Function</i>



# ALIGN YOUR SPINE

DR. DAYNA SOCHA

## CHIROPRACTIC

DR. RYAN ZERONIS

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## Spinal Workshop Schedule

July	07/03	Closed
	07/10	<b>Why Does Chiropractic Work</b>
	07/17	Stress - Adapt or Perish - Mental Stress
	07/24	Nutritional Muscle Testing For Body Analysis / Balance
	07/31	<i>What Your Doctor Doesn't Know About Vitamin D</i>
August	08/07	<b>How Long Does It Really Take?</b>
	08/14	Heachaches Pounding Your Brain?
	08/21	Dry Needling - Finally Explained!
	08/28	<i>Understanding &amp; Addressing Acid Reflux Naturally</i>
September	09/04	<b>Here to Serve - Time Frequency Intensity</b>
	09/11	Stress - Adapt or Perish - Physical Stress
	09/18	Can I Adjust Myself - Manipulation VS. Adjustment
	09/25	<i>Nutrition- The 9 Month Miracle?</i>
October	10/02	<b>Body Communication - Safety Pin Cycle</b>
	10/19	Preventing Low Back Injuries - Ouch!
	10/16	Spinal Exercise
	10/23	Spend Less & Gain More From Your Healthcare
	10/30	High Blood Sugar Have You "Down"?
November	11/06	<b>Why Does Chiropractic Work</b>
	11/13	Stress - Adapt or Perish - Chemical Stress
	11/20	Spend Less Gain More From Your Healthcare
	11/27	<i>Sick and Tired of Being Tired - Fight Fatigue</i>
December	12/04	<b>How Long Does It Really Take</b>
	12/11	Preventing Low Back Injuries
	12/18	<i>Detoxification - Beneficial or SCAM?</i>
	12/25	Closed For Christmas!



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