

ADVANCED WORKSHOP SCHEDULE

- January 25** Optimal Nutrition for Vibrant Health
- February 22** Managing Childhood **Ear** Infections Naturally
- March 22** Holistic Approaches to Headaches
March 29 Chiropractic 103- Deolal Mahabir- Craniosacral Therapy
- April 26** Whiplash Myths and Truths
- May 24** Anti-inflammatory Lifestyle
- June 21** Get Fit While You Sit
June 28 Chiropractic 103 - Guest Speaker
- July 26** Sciatica - What Is It? What Can I Do About It?
- August 23** No More Back Attacks - Caring For Your Spinal Discs
August 30 Chiropractic 103 - Guest Speaker
- September 27** Natural Approach to Menopause
- October 25** Cold And Flu - Prevention and Natural Remedies
- November 22** Arthritis - What It Is and How to Prevent It
November 29 Chiropractic 103 - Guest Speaker
- December 27** No More Stress - Happy Holidays



2010 Monday Wellness Workshops

1st Monday 6:15 – 6:45 pm

- I - Relieving Common Pregnancy Complaints- Naturally
- II - New Baby? Caring for Yourself – Caring For Your Baby

2nd Monday 6:15 – 6:45 pm

Spinal Hygiene - Chiro 101
Learn how to better care for your spine

3rd Monday 6:15 – 6:45 pm

- I - Optimal Choices for Optimal Results
- II - The War Within – A New Perspective on Health Care

4th and 5th Monday 6:15 – 6:45 pm

See Advanced Workshop Schedule on the left

Presented by

ALTERMAN & JOHNSON FAMILY CHIROPRACTORS

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Admission is free but space is limited, please call ahead to reserve a seat