

WELLNESS WORKSHOP SCHEDULE 2024

Tuesdays at 6:30 pm



MAR

'24

3/5: My Wellness Journey

3/12: Mechanisms of Movement
3/19: Sitting is the New Smoking
3/26: Brain Drain

APR

'24

4/2: Safety Pin Cycle

4/9: Stretch & Be Strong
4/16: #TechNeck
4/23: Sleep Well
4/30: Bonus

MAY

'24

5/7: Time, Frequency, & Intensity

5/14: True Tractioning
5/21: Super Immunity
5/28: Prescribed Epidemic

JUN

'24

6/4: Progression & Patterns

6/11: Human Maintenance Schedule
6/18: Eat Well
6/25: Comparative Care Options

JUL

'24

7/2: My Wellness Journey

7/9: Normal Headaches?
7/16: Workspace Wellness
7/23: Lumbar Exercises
7/30: Bonus

AUG

'24

8/6: Time, Frequency, & Intensity

8/13: Stretch & Be Strong
8/20: Tested by Trauma
8/27: #TechNeck

Who are you bringing?

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