

Natural Health

2000 Jefferson, Quincy, IL

217-228-2040

naturalhealthquincy.com

EDUCATION WORKSHOP DATES AND TOPICS 2018

Revised: 1.24.18

DAY	DATE	TIME	TOPIC
Tuesday	January 16	5:00 pm	Synthetic Vitamins vs. Whole Foods
Monday	February 5	6:00 pm	Thyroid & Adrenals
Tuesday	February 20	5:00 pm	Got Brain Fog or Forgetfulness?
Monday	March 5	6:00 pm	Women's Health and Hormones
Tuesday	March 20	5:00 pm	Spring Allergies
Monday	April 2	6:00 pm	Importance of Organ Functions
Tuesday	April 17	5:00 pm	Stress & Fatigue
Monday	May 7	6:00 pm	Eliminating Food & Sugar Cravings
Tuesday	May 15	5:00 pm	The Truth About Cholesterol and Blood Pressure
Monday	June 4	6:00 pm	How Healthy is Your Water?
Tuesday	June 19	5:00 pm	Heartburn and Hiatal Hernias
Tuesday	July 17	5:00 pm	The Importance of Sea Salt
Monday	August 6	6:00 pm	Healthy Children
Tuesday	August 21	5:00 pm	Why Do I Get Sick?
Tuesday	September 18	5:00 pm	Bowels / Constipation / IBS / Crohn's
Monday	October 1	6:00 pm	Hidden Dangers of Sugar / Diabetes
Tuesday	October 16	5:00 pm	Feeling Anxious or Anxiety?
Monday	November 5	6:00 pm	Toxins In The Home
Tuesday	November 20	5:00 pm	Prevent Dis-Ease
Monday	December 3	6:00 pm	Sleep Issues

CHIROPRACTIC WORKSHOP DATES AND TOPICS 2018

DAY	DATE	TIME	TOPIC
Tuesday	January 2	5:00 pm	Benefits of Chiropractic
Tuesday	February 6	5:00 pm	Carpal Tunnel
Tuesday	March 6	5:00 pm	Pregnancy and Back Pain Relief
Tuesday	April 3	5:00 pm	Low Back and Sciatica Solutions
Tuesday	May 1	5:00 pm	Bone on Bone
Tuesday	June 5	5:00 pm	Headaches / Dizziness
Tuesday	August 7	5:00 pm	Arthritis & Osteoarthritis
Tuesday	September 4	5:00 pm	Reduce Muscle Tension
Tuesday	October 2	5:00 pm	Osteoporosis / Scoliosis
Tuesday	November 6	5:00 pm	Spinal Degeneration
Tuesday	December 4	5:00 pm	Neck & Back Health

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