



DR. GOOD HEALTH!

Live, Learn: Grow

2010 FALL CLASSES

Space is limited, so advance registration is encouraged.

POWER OF CHIROPRACTIC: UNCOVERING THE MAGIC BEHIND THE MYSTERY!

There has never been a time when more people have experienced the benefits of chiropractic care. *AND* there has never been as much scientific research supporting this care. Learn how to overcome *dis-ease* and live and embrace the healthful benefits of chiropractic care.

WED., SEPTEMBER 8, 6:30p ~ ALL DOCTORS

HOW TO GET HEALTHY, ELEMIMATE STRESS FOREVER & FEEL GREAT FROM NOW ON!

Learn: The 3 main causes of stress & how to manage them; What you SHOULD EAT and what you should NEVER eat; The causes of inflammation; The negative effects of inflammation; and THE GREATEST HEALTH SECRET!

MON., SEPTEMBER 13, 6:30P ~ ALL DOCTORS

FOOD! FABLES, FALLACIES & FACTS

What everyone needs to know...like it, or not. Learn the truth about cholesterol, fats & oils. Is meat really bad for you? Good carbs vs. bad carbs. What really *IS* essential to put in our bodies to live? Ditch the mainstream relationship to food and learn to eat properly to support your body and your health.

MON., SEPTEMBER 20, 6:30P ~ DR. LANNY LIPSON

TRIGGER POINT THERAPY & Creating Vibrant Health & Avoiding a Health Crisis

Learn some health facts: Drugs and Medications may save your life in a crisis but they do not build health. Get the facts...

Then, learn & practice some trigger point techniques: When the spine is out of alignment it will irritate nerves. These irritated nerves go to muscles that will in turn get irritated and develop Trigger Points. Working with a partner, learn how to apply pressure to these points to relieve pain.

MON., SEPTEMBER 27, 6:30P ~ DR. LARRY ROBISON

KIDS & CHIROPRACTIC

Chiropractic care is not just for adults. Children of all ages, newborn and up can greatly benefit from care. Childhood is a critical time to develop good posture habits. Since children are growing and more active, they may be at even greater risk for injury to the back and spine.

MON., OCTOBER 4, 6:30P ~ DR. SARA WHEDON

THE POWER OF CHIROPRACTIC: UNCOVERING THE MAGIC BEHIND THE MYSTERY

MON, OCTOBER 11, 6:30P ~ ALL DOCTORS

WORKSMART

The fastest growing safety and health threats in the work place and office today are musculoskeletal disorders -- conditions involving nerves, tendons, muscles, and supporting structure, including carpal tunnel syndrome, tenosynovitis, tension neck syndrome and low back pain. Learn about healthy lifting, the role of posture & how to overcome bad posture habits, simple stretching exercises & on-going preventive care techniques.

MON., OCTOBER 18, 6:30P ~ DR. LARRY ROBISON

MENO & MANO PAUSE

Manopause? That's right, guys...it's not just about the women. There's no reason why men and women can't feel healthy and vibrant going into the next half, or self-growth, phase of their lifespan. Living the signs and symptoms? You'll learn how to overcome them with simple lifestyle changes and supplementation to make the most of this time in your life. Arm yourself with the facts to put you back in control of your body.

MON.. OCTOBER 25. 6:30P ~ DR. LANNY LIPSON