



Dr. Trea C. Wessel
 824 McMinnville Hwy
 Woodbury, TN 37190
 615-563-3320
 5:00 pm - 5:30 pm

2020 SPINAL WORKSHOP SCHEDULE

7-Jan	Thermography	7-Jul	Got Stress?
14-Jan	Essential Oils (Erin Hillis)	14-Jul	Carpal Tunnel
21-Jan	Arthritis	21-Jul	Safety Pin Cycle
28-Jan	Central Nervous System	28-Jul	Pain Management
4-Feb	Brain Drain	4-Aug	Posture Check
11-Feb	Earaches	11-Aug	Headaches
18-Feb	Diabetes	18-Aug	Fibromyalgia
25-Feb	Stroke Out	25-Aug	Central Nervous System
3-Mar	Posture	1-Sep	Opioid Epidemic
10-Mar	Time, Frequency, and Intensity	8-Sep	Stroke Out
17-Mar	Our Wellness Journey	15-Sep	Thermography
24-Mar	Should my kids be getting adjusted?	22-Sep	Safety Pin Cycle
31-Mar	Allergies got you feeling blah?	29-Sep	Sit Less
7-Apr	Headaches	6-Oct	Allergies
14-Apr	Autism	13-Oct	Diabetes
21-Apr	Diabetes	20-Oct	Massage (Erin Hillis)
28-Apr	Arthritis	27-Oct	Yoga (Mrs. Betty)
5-May	Stretching / Exercising (Erin Hillis)	3-Nov	Brain Drain
12-May	Text Neck	10-Nov	Super Immunity
19-May	What everyone should know about Stroke	17-Nov	Autism
26-May	Our Wellness Journey	24-Nov	Eat or Be Eaten
2-Jun	Opioid Epidemic	1-Dec	Opioid Epidemic
9-Jun	Closed	8-Dec	Sit Less
16-Jun	Brain Drain	15-Dec	Should my kids be getting adjusted?
23-Jun	Super Immunity	22-Dec	Our Wellness Journey
30-Jun	Nutrition	29-Dec	Arthritis