



Dr. Trea C. Wessel
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 Woodbury, TN 37190
 615-563-3320
 Tiesdays 5-5:30pm

2021 SPINAL WORKSHOP SCHEDULE

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