



824 McMinnville Hwy
 Woodbury, TN 37190
 615-563-3320
 5:00 pm - 5:30 pm

2022 Spinal Workshops

4-Jan	Our Wellness Journey
11-Jan	Earaches
18-Jan	Heart Health (Stroke)
25-Jan	Isolation What is Killing Us?
1-Feb	Massage (Erin Hillis)
8-Feb	Sit Less
15-Feb	Autism (Kids)
22-Feb	Allergies
1-Mar	Carpal Tunnel
#####	Central Nervous System
15-Mar	To Stress or Not to Stress
22-Mar	Nutrition: Eat or Don't Eat (Travis Mattox)
29-Mar	Diabetes
5-Apr	Safety Pin Cycle
12-Apr	Headaches
19-Apr	Stretching / Exercising (Erin Hillis)
26-Apr	When Life Hands You Lemons (Dr Gracie)
3-May	Yoga (Mrs. Betty)
10-May	Fountain of Youth: The Choice is Yours
17-May	Arthritis At What Expense?
24-May	Baked By Grace (Dr Gracie)
31-May	Text Neck
7-Jun	Opioid Epidemic
14-Jun	What is the Lymphatic System (Victoria Bailey)
21-Jun	Pregnancy (Dr Gracie)



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28-Jun	Essential Oils (Erin Hillis)
5-Jul	Yoga (Mrs. Betty)
12-Jul	Nutrition
19-Jul	Sit Less

26-Jul	Allergies
2-Aug	Massage (Erin Hillis)
9-Aug	Get the most out of Health
16-Aug	Earaches
23-Aug	Carpal Tunnel
30-Aug	Super Immunity
6-Sep	Why does my headache?
13-Sep	Diabetes
20-Sep	Brain Drain
27-Sep	Arthritis - Don't Get Rough Around Your Edges
4-Oct	Get Well Faster - Stay Well Longer
11-Oct	When Life Hands You Lemons (Dr Gracie)
18-Oct	Health Hack
25-Oct	Text Neck
1-Nov	Fibromyalgia
8-Nov	Headaches
15-Nov	Stress - Adapt or Perish
22-Nov	Strokes
29-Nov	Baked By Grace (Dr Gracie)
6-Dec	Eat or Be Eaten
13-Dec	Pregnancy (Dr Gracie)
20-Dec	Safety Pin Cycle
27-Dec	Cheers to Our Good Health