

*With Dr. Cherine VanWagner*

Transform

Monthly Power Workshop SERIES

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| JANUARY  Monday | *26* | **New Year New You! “28 Days To THRIVE” Detox & Weight-Loss**  Learn the top 5 MUSTS for losing weight and feeling like you are 10 years younger | |
| FEBUARY  Monday | *23* | **Detox For Life**  Discover the key steps to reducing inflammation and toxicity in your body |
| MARCH  Monday | *30* | **The Truth About Vaccines**  The latest studies on the safety of vaccinations! A must for any expecting parent. | |
| APRIL  Monday | *27* | **Spring Into Weight-Loss For Wellness**  Bathing suit season is around the corner! Get fit, Healthy, & Fabulous in half the time | |
| MAY  Monday | *25* | **Healthier Bones For A More Active Tomorrow**  Keep your body& joints feeling and functioning at optimal level with 3 simple steps | |
| JUNE  Monday | *29* | **Super-Living With Super Foods**  Learn how to utilize food to optimize your well-being | |
| JULY  Monday | *27* | **5 Secrets to 10x’s More Energy**  Energy is life! Come find out how you can increase yours 10 fold with 5 simple steps | |
| AUGUST  Monday | *25* | **Conquering Stress**  We all have stress! See how you can conquer it easily and create more hours in your day | |
| SEPTEMBER  Monday | *28* | **The ANTI-Cancer Code**  No one is invincible nor are they doomed! Learn how you can stay cancer-free | |
| OCTOBER  Monday R | *26* | **Lean Mean Fat Burning Machine- 28 Days to THRIVE!**  Don’t gain the holiday bulge! You can lose weight while enjoying all of the holiday fixings! | |
| NOVEMBER  Monday | *30* | **Healthy Shopping With The Doc**  You may think you are eating healthy……Chances are, your cart is filled with foods that are killing you | |
| DECEMBER  Monday | *21* | **Freedom From Fibromyalgia**  Tired of not being able to do all of the things you want to do? Come find out simple solutions to free you! | |

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*“Helping You To Create Energetic & Inspired Living By*

*Providing World- Class Chiropractic & Wellness Care*

*In All Dimensions Of Life.”*