

 *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 |
| SEPTEMBERMonday | *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 |
| DECEMBERMonday | *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.”*