2026 Wellness Workshops @ 6:15

1/7/2026	**Safety Pin Cycle – Brain/Body**
14-Jan-26	100 Wants
21-Jan-26	Posture Pro - Doing more with good posture
28-Jan-26	X-rays, Good or Bad
04-Feb-26	**What is tearing me apart? - 3 T's**
11-Feb-26	Trigger Points
18-Feb-26	No Class - Simplot Games
25-Feb-26	Choices
04-Mar-26	**Rhythm and Rhyme to your life**
11-Mar-26	Guest Speaker - TBA
18-Mar-26	Me Time
25-Mar-26	Sitting Is the new Smoking
01-Apr-26	**The Subluxation Complex - what does it do to me?**
08-Apr-26	Legal Drugs that are hurting millions
15-Apr-26	Back Safety
22-Apr-26	Tech Neck
29-Apr-26	TLC Seminar Recap
06-May-26	**Vital Needs**
13-May-26	Concussions
20-May-26	Trigger Points
27-May-26	Hydration Helps
03-Jun-26	**Getting The Best Sleep**
10-Jun-26	Guest Speaker - TBA
17-Jun-26	Super Immunity
24-Jun-26	Foods for the Season

Who are you Bringing?

Live is Best, AND you can watch on Facebook or at www.chubbuckchiropractic/education. Don't forget to send in the questions. **We are also going to be doing one live-only class a month at 11:15 am on the first Wednesday.**

2026 Wellness Workshops @ 6:15

01-Jul-26	**Safety Pin Cycle – Brain/Body**
08-Jul-26	Self Care, Carrots vs Sticks
15-Jul-26	Posture Pro - Doing more with good posture
22-Jul-26	Music
29-Jul-26	Health Hacks
05-Aug-26	**What is tearing me apart? - 3 T's**
12-Aug-26	Trigger Points
19-Aug-26	Senior Health
26-Aug-26	Back to School Helps
02-Sep-26	**Rhythm and Rhyme to your life**
09-Sep-26	Guest Speaker -
16-Sep-26	Me Time
23-Sep-26	Stress and Learning
30-Sep-26	Longevity
07-Oct-26	**The Subluxation Complex - what does it do to me?**
14-Oct-26	Legal Drugs that are hurting millions
21-Oct-26	Back Safety
28-Oct-26	Tech Neck
04-Nov-26	**Vital Needs**
11-Nov-26	Concussions
18-Nov-26	Trigger Points
25-Nov-26	CLOSED - Thanksgiving
02-Dec-26	**Getting The Best Sleep**
09-Dec-26	Guest Speaker -
16-Dec-26	Super Immunity
23-Dec-26	Foods for the Season
30-Dec-26	

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