



ALL CLASSES START AT 6:15 pm

January

Thursday 1/17- Nutrition and Goal Setting (Guest Speaker Rocky Kitzmiller)

Monday 1/14- Foam Rolling with Heidie

February

Thursday 2/7- Movie Night

Monday 2/11- Foam Rolling with Heidie

March

Thursday 3/7- Do Kids Need Chiropractic and Is It Safe

Monday 3/11- Foam Rolling with Heidie

April

Thursday 4/4- Putting Out the Fire of inflammation

Monday 4/15- Foam Rolling with Heidie

May

Thursday 5/9- Choosing the Best Way to Sleep Pt. 1

"The Mattress"

Monday 5/13- Foam Rolling with Heidie

Thursday 5/23 Choosing the Best Way to Sleep Pt. 2

"The Pillow"

June

Thursday 6/6- Intro to Essential Oils

Monday 6/10- Foam Rolling with Heidie



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July

Thursday 7/11- Game Night

Monday 7/15- Foam Rolling with Heidie

August

Thursday 8/1 – How Long Does it Really Take

Monday 8/12- Foam Rolling with Heidie

Thursday 8/22 -Back to School, the Backpack Challenge

September

Thursday 9/12- Can't Feel Fine If Your Feet Aren't Aligned: Orthotics

Monday 9/16- Foam Rolling with Heidie

October

Thursday 10/3- Bra Fitting (Guest Speaker)

Monday 10/14- Foam Rolling with Heidie

Thursday 10/17- Male Vitality

November

Thursday 11/7- Breaking Down arthritis Part 1

Monday 11/11- Foam Rolling with Heidie

Thursday 11/21- Arthritis treatment options Part 2

December

Thursday 12/5- Spend Less, Gain More for Your Healthcare

Monday 12/16 – Foam Rolling with Heidie