



Wellness Workshops

These workshops have been developed to empower you with the knowledge necessary to make your best informed health care choices for you and your family!

August

8/7/2017	<i>Intro to Childbirth Education & Doula Support- Tiffany Shank</i>
8/9/2017	<i>Peak Performance</i>
8/14/2017	<i>The Safety Pin Cycle: Your Mind-Body Connection</i>
8/21/2017	<i>Manipulation vs. Adjustment- What's the difference?</i>
8/28/2017	<i>Cause vs. Effects Centered Healthcare</i>

