

# Natural Health

2000 Jefferson, Quincy, IL

217-228-2040

naturalhealthquincy.com

## EDUCATION WORKSHOP DATES AND TOPICS 2019

DAY	DATE	TIME	TOPIC
	<b>JANUARY</b>		<b>IMMUNE SYSTEMS/FLU SHOTS/VIRUS</b>
Monday	January 7	6:00 pm	<b>Strengthen Your Immune System or Get Cancer</b>
Tuesday ©	January 8	5:00	<b>Nervous System 101</b>
Tuesday	January 15	5:00 pm	<b>Healthy Weight Loss</b>
	<b>FEBRUARY</b>		<b>BRAIN FOG/FORGETFULNESS</b>
Monday	February 4	6:00 pm	<b>Got Brain Fog or Forgetfulness?</b>
Tuesday ©	February 5	5:00	<b>How a Strong Spine Makes a Strong Brain</b>
Tuesday	February 19	5:00 pm	<b>Dangers of Cellphones &amp; Microwaves Relating to Brain Tumors</b>
	<b>March</b>		<b>ALLERGIES – HAY FEVER</b>
Monday	March 4	6:00 pm	<b>Eliminating Food &amp; Sugar Cravings / Food Allergies</b>
Tuesday ©	March 5	5:00	<b>Headaches / Dizziness</b>
Tuesday	March 19	5:00 pm	<b>Why Do We Have Spring Allergies</b>
	<b>APRIL</b>		<b>BOWELS – IBS- CONSTIPATION-CROHNS</b>
Monday	April 1	6:00 pm	<b>Bowels / Constipation / IBS / Crohn's</b>
Tuesday ©	April 2	5:00	<b>Low Back and Sciatica Solutions</b>
Tuesday	April 16	5:00 pm	<b>The Brain and Your Gut</b>
	<b>MAY-WOMEN</b>		<b>THYROID - ADRENALS – BREAST CANCER</b>
Monday	May 6	6:00 pm	<b>Women's Health and Hormones Stress &amp; Fatigue / Anxiety &amp; Depression</b>
Tuesday ©	May 7	5:00	<b>Pregnancy and Back Pain Relief/ Colic, Digestion, Spitting up, Constipation</b>
Tuesday	May 21	5:00 pm	<b>How to Avoid Breast Cancer, Not Just Treat It</b>
	<b>JUNE-MEN</b>		<b>HEART HEALTH – FITNESS</b>
Monday	June 3	6:00 pm	<b>Avoiding Heart Attacks &amp; Strokes</b>
Tuesday ©	June 4	5:00	<b>Reduce Muscle Tension</b>
Tuesday	June 18	5:00 pm	<b>Heartburn / Hiatal Hernias / GERD</b>

	<b>JULY</b>		<b>DEHYDRATION – OVER HEATING</b>
Monday	July 1	6:00 pm	<b>The Importance of Sea Salt / Dehydration</b>
Tuesday ©	July 2	5:00	<b>Spinal Degeneration</b>
Tuesday	July 16	5:00 pm	<b>Toxins in The Home</b>
	<b>AUGUST-KIDS</b>		<b>AUTISM – HYPER ACTIVE – CONCENTRATION</b>
Monday	August 5	6:00 pm	<b>How to Help Your Children Do Better in School.</b>
Tuesday ©	August 6	5:00	<b>Carrying Book Bags &amp; Falls Ear Tubes vs Chiropractic</b>
Tuesday	August 20	5:00 pm	<b>Autism / Vaccines</b>
	<b>SEPTEMBER</b>		<b>ALZHEIMERS – DEMENTIA</b>
Tuesday ©	September 3	5:00	<b>Bone on Bone</b>
Monday	September 9	6:00	<b>Info on Mercury Amalgams &amp; Alzheimer’s / Dementia</b>
Tuesday	September 17	5:00 pm	<b>The Truth About Cholesterol and Blood Pressure</b>
	<b>OCTOBER</b>		<b>NATIONAL CHIROPRACTIC HEALTH MONTH</b>
Tuesday ©	October 1	5:00	<b>Benefits of Chiropractic</b>
Monday	October 7	6:00 pm	<b>Synthetic Vitamins vs. Whole Foods</b>
Tuesday	October 15	5:00 pm	<b>Chiropractic Doesn’t Cost it Saves/ Carpal Tunnel</b>
	<b>NOVERMBER</b>		<b>DIABETES</b>
Monday	November 4	6:00 pm	<b>Diabetes Epidemic and How to Prevent it</b>
Tuesday ©	November 5	5:00	<b>Numbness and Tingling in the Hands &amp; Feet</b>
Tuesday	November 19	5:00 pm	<b>Hidden Dangers of Sugar</b>
	<b>DECEMBER</b>		<b>STRESS – FATIGUE - -SLEEP</b>
Monday	December 2	6:00 pm	<b>Sleep Issues-- Anxiety - Depression</b>
Tuesday ©	December 3	5:00	<b>Neck and Back Health</b>
Tuesday	December 17	5:00 pm	<b>How to Deal With Stress and Fatigue During The Holidays</b>

©=Chiropractic topics

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