

Spinal Workshop Schedule

Connors Chiropractic Health Center

1935 Washington St. Stoughton MA 781-436-5006

Every Tuesday Evening - 6:30pm-7:00pm www.connorschiropractic.com

Our You Tube Channel is: Connors Chiropractic Health Center Open to patients, friends, and the public. No charge.



August 4, 2026	Living in Full Health - The Value of Chiropractic Care
August 11, 2026	Sitting is the New Smoking - Couch & Restaurant Sitting
August 18, 2026	Are Your Emotions in Control of Your Health? Body?
August 25, 2026	Does Your Body Need a Cleanse? Inner Klean Diet



September 1, 2026	Chiropractic Foundations 101
September 8, 2026	No Class
September 15, 2026	Think Well - Worry Less, Know More, Hope & Faith, Choose Love
September 22, 2026	You Are What You Eat - Yuka App, Seed Oils, Acid & Alkaline, Healthy Eating
September 29, 2026	Chiropractic, Anxiety & Depression - Research from Dr Heidi Haavik



October 6, 2026	Allergies - Enjoy the Fall Leaves, Not the Ragweed
October 13, 2026	Exercising, Can We Really Change & Improve? Guest Speaker Brandi, Easton Fitness
October 20, 2026	Sleep & Recuperation - How Not Enough Rest and Recreation Affects Your Health
October 27, 2026	Understanding Your Gut - A Deep Dive Into Digestive Health



November 3, 2026	5 Aspects of Subluxations - Bone, Nerves, Muscle, Tissue, Degeneration
November 10, 2026	Meditation - Guest Speaker Georgina Englishby
November 17, 2026	The Miracle of Healing From the Inside Out - The Journey to Optimal Health
November 24, 2026	Supermarket Navigation - How to Read Labels & Spot Hidden Ingredients, Worst Aisle in Store



December 1, 2026	High Powered Immunity - Strength Inside, Health Outside, Does Chiropractic Play a Role?
December 8, 2026	Move Well - Winter Safety
December 15, 2026	Less Stress More Joy - Peace of Mind is a Choice <i>Celebrate Dr Mary's Birthday!</i>
December 22, 2026	No Class
December 29, 2026	Cravings & Emotions - Are YOU Controlling Your Body? Or is Your Body Controlling YOU?



January 5, 2026	Image for the New - Resolutions, New Goals
January 12, 2026	Safety Pin Cycle
January 19, 2026	Flu, Shingles & Viruses - How to Protect Your Health
January 26, 2026	Mastering the Mindful Meal - Slow Down, Recognize Cues, Enjoy Without Distraction

Take 30 Minutes Each Tuesday to Invest in Your Health