



WORKSHOP TIMETABLE

At the heart of chiropractic is education, education, education.

By giving you the tools to look after YOUR health YOU can prevent the recurrence of pain. Therefore the workshops are an essential part of the treatment plan. It is imperative that you attend each of them to get the most out of your time in the clinic.

Please read the following carefully and call 0161 839 1915 to book your place.

Introduction to spinal care

We ask that all patients attend the introduction to spinal care first. This will give you a better understanding of health overall and gives some useful pointers as to what changes to make immediately, which will supplement the information you get whilst attending treatments.

Office survival workshop (posture)

Please then attend the office survival workshop where, through the use of diagrams and models, we give you an understanding of the dangers you face in the office environment and the tools you need to get through a work day unscathed. For make no mistake about it the office is a dangerous place to be!

Progressive rehabilitation program

Once you have come through the first two workshops then book yourself onto progressive rehabilitation program. This is fascinating and an essential part of the total program, where you will be taught interesting and fun exercises that will be tailored to meet your needs.

It is imperative that you attend these workshops in order, please note from the timetable that you will be on either stream A or stream B. Please stick to your stream.

It is essential that you attend the workshop in clothing appropriate for doing exercise.

Nutrition workshop

Once onto the progressive rehabilitation program please book yourself in for a nutritional workshop. Learn which foods will cause your body to thrive and have energy throughout the day and into the evening.

This is NOT a diet plan, it is learning what foods make your body tick and how to maximise your potential. Excellent information alongside the exercise, posture and most importantly chiropractic treatments, giving you a total package for health. Please note that prior to attending this workshop you will need to complete a questionnaire so please inform your doctor of your attendance prior to the specified date so that you may be given this.

Please refer to the timetable below and book your place on the usual number 0161 839 1915

WORKSHOP TIMETABLE

Date	Introduction	Posture	Rehab 1	Rehab 2	Rehab 3	Rehab 4	Nutrition
31 st March	4pm	6pm	5pm (A)				
14 th April	4pm	5pm					6pm
28 th April	4pm	6pm		5pm (A)			
19 th May	4pm	5pm					6pm
16 th June	4pm		6pm (B)		5pm (A)		
7 th July	4pm	5pm					6pm
28 th July	4pm			6pm (B)		5pm (A)	
18 th August	4pm	6pm					5pm
8 th September	4pm		5pm (A)		6pm (B)		
29 th September	4pm	6pm					5pm
20 th October	4pm			5pm (A)		6pm (B)	
10 th November	4pm	5pm					6pm
1 st December	4pm		6pm (B)		5pm (A)		
22 nd December	4pm	5pm					6pm

IMPORTANT: Please note that due to popularity of the workshops it is only fair to all patients to book onto one workshop on any one day.

All workshops are included with the price of treatment however should you cancel please give 48 hours notice otherwise subsequent attendance to that workshop will cost £40.

All workshops are subject to change at the discretion of Deansgate Chiropractors, at least 48 hours notice will be given.