

Lincoln Disc and Nutrition Center

4535 Normal Blvd., Suite 105

Ph: 402-488-2220

Spinal Workshops July-December 2023

Tuesdays, 6:30 in Office

Or Watch on Facebook

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| 7/11 | The Role of the Nervous System in Health and Disease |
| 7/25 | Menopause part 2 |
| 8/8 | Natural Healthcare for Animals |
| 8/22 | Children and Chronic Illness |
| 9/5 | Caring for Yourself Throughout Your Life |
| 9/19 | How NOT to Shrink your Brain |
| 10/3 | Understanding Testosterone |
| 10/17 | Slowing Down the Aging Process |
| 10/31 | The Importance of Posture in Health |
| 11/14 | Understanding Thyroid Dysfunction |
| 11/28 | Understanding Bloodwork |
| 12/12 | Alzheimer's |
| 12/19 | Nutrition and Inflammation |