

Lincoln Disc & Nutrition Center

2024 Spinal Workshops

Dr. Paul Firnhaber, D.C.
4535 Normal Blvd. Suite 105, Ph: 402-488-2220
Tuesdays, 6:30 in Office or Watch on Facebook

New Patients receive a 10% discount on any cash purchases for attending 3 talks in the first 2 months of care and then 1 talk per month thereafter! Existing patients receive 10% discount for attending 1 talk per month

- Jan. 2:** **The Importance of the Nervous System in Health and Disease**
- Jan. 16:** Nutrition Basics for a Healthy Humanity
- Jan. 30:** **Caring for Yourself for a Lifetime**
- Feb. 13:** What is the Missing Component in Healing?
- Feb 27:** The Illusion of Evidence Based Medicine
- Mar. 12:** The Forgotten Nerve Which connects Brain, Body, and Emotions
- Mar. 26:** What is Functional Medicine
- Apr. 9:** **The Importance of the Nervous System in Health and Disease**
- Apr. 23:** A Functional Medicine Look at Cancer
- May 7:** **Caring for Yourself for a Lifetime**
- May 21:** A Really Sweet talk on Sugar
- June 4:** **Chiropractic and Science**
- June 18:** Alternative views on Vaccination
- July 2:** Whiplash Injuries-Are they real?
- July 16:** Opioids-The Prescribed Epidemic
- July 30:** **The Importance of the Nervous System in Health and Disease**
- Aug. 13:** Unraveling Autoimmune Disease
- Aug. 27:** Chiropractic and Natural Health Care for Animals
- Sept. 10:** Stealth Pathogens
- Sept. 24:** **Caring for Yourself for a Lifetime**
- Oct. 8:** Emotions and Health
- Oct. 29:** **Chiropractic and Science**
- Nov. 12:** Resolving Conflicts in Nutrition
- Nov. 26:** **The Importance of the Nervous System in Health and Disease**
- Dec. 10:** Understanding Holiday Stress
- Dec. 17:** Understanding Bloodwork