

Lincoln Disc & Nutrition Center

2025 Spinal Workshops

Dr. Paul Firnhaber, D.C.

4535 Normal Blvd. #105, Ph: 402-488-2220

Tuesdays, 6:30 in Office or Watch LIVE on Facebook

NEW PATIENTS receive a 10% discount on cash purchases for attending 3 talks in the first 2 month of care and then 1 talk per month thereafter. **EXISTING PATIENTS** receive a 10% discount on cash purchases for attending 1 talk PER MONTH

Jan. 7	Lifetime Care
Jan. 21	Healing the Dysfunctional Gut
Feb. 4	The Importance of the Nervous System in Health and Disease
Feb. 18	Healing the Dysfunctional Thyroid
Mar. 4	A Missing Component in Healing
Mar. 18	How Posture Affects Health
Mar. 25	Building Immunity for Health @ Turning Pointe Chiropractic
Apr. 1	The Forgotten Nerve which connects brain, Body and Emotions
Apr. 15	Lifetime Care
Apr. 29	Building Immunity for Health
May 13	Nutrition Basics for Health and Wholeness
May 27	The Importance of the Nervous System in Health and Disease
June 10	What is Functional Medicine
June 24	How Stealth Pathogens can Affect Your Health
July 8	Chiropractic and Science
July 22	A Functional Medicine Approach to Cancer
Aug. 5	Cholesterol and Health
Aug. 19	How to Shrink Your Brain-Or NOT
Aug 26	Lifetime Care
Sept. 9	How Posture Affects Health
Sept. 23	What's Happening with Men and Testosterone
Sept. 30	Healing the Dysfunctional Gut @ Turning Pointe Chiropractic
Oct. 7	Extending You Health and Life-How Not to be a Geezer
Oct. 21	Toxins and Your Health
Nov. 4	The Importance of the Nervous System in Health and Disease
Nov. 18	Understanding Alzheimer's
Dec. 2	How Posture Affects Your Health