

2012 Lecture Series at Harmony Chiropractic

Second Thursday of Every Month, 7:30pm | www.harmonychiropractic.ca | 519-756-1303

Admission Cost: Donation to the Brantford Food Bank

	Be Fit	Eat Right	Think Well
Month	January	February	March
Theme	Children	Movie Night	Rest
Lecture	<i>Pregnancy, Childbirth and Holistic Parenting</i> With Dr. Keira Swenson Thursday January 12, 2012 at 7:30pm 	<i>Understanding Gluten</i> Movie: by Dr. Glen Depke Thursday February 9, 2012 at 7:30pm 	<i>What Qualifies as a Good Mattress?</i> With Heidi Neumann – Mattress Miracle Thursday March 8, 2012 at 7:30am 
Month	April	May	June
Theme	Animal Chiropractic	Movie Night	Meditation
Lecture	<i>Why do Animals get Adjusted</i> With Dr. Annette Langleic Thursday April 12, 2012 at 7:30pm 	<i>Food Inc.</i> Thursday May 10, 2012 at 7:30pm 	<i>Learn to Meditate</i> With Linda Christie Thursday June 7, 2012 at 7:30am 
Month	July	August	September
Theme	Menopause	Movie Night	Emotional Stresses???
Lecture	<i>Menopause Information Night</i> With Dr. Keira Swenson Thursday July 12, 2012 at 7:30pm 	<i>Water Essentials</i> With Bill Gould Thursday August 9, 2012 at 7:30pm 	<i>Feeling Stressed? De-clutter your mind with NET</i> With Dr. Keira Swenson Thursday September 6, 2012 at 7:30am 
Month	October	November	December
Theme	Self Awareness	Diets!	Giving and Receiving
Lecture	<i>Womens Self Defensive</i> With Bryon Davis Thursday October 11, 2012 at 7:30pm 	<i>Which ones work, which ones don't & why</i> With Dr. Keira Swenson Thursday November 8, 2012 at 7:30pm 	<i>12 Days of Christmas</i>