Chiropractic Workshops

Wellness

Peak Performance in 2025:
The Six Facets of Health

Maintain Your New Year's Resolutions and Commit to Your Goals!

Presented by: Dr. Gregory Jean-Pierre

Did you know that January is: Family Fit Lifestyle Month, International Quality of Life Month, and National Lose Weight, Feel Great Month?

In celebration of this month's observances, Upper Cervical Institute of FL invites you to attend a PEAK PERFORMANCE workshop: an interactive presentation that teaches you how to get the most out of your day, as well as improve your alertness, focus, and productivity.

Rejuvenate your mind and body by learning about the "Six Facets of Health," the key components to staying healthy and feeling good.

Stretching & Exercise
Good Posture
Proper Nutrition
Restful Sleep
Positive Attitude
And A Balanced Spine

You will leave this workshop knowing you have the power to change your life for the better. Don't wait for problems to develop, keep your body in tune and your New Year's resolutions in check!

To sign up for this fun and interactive workshop, please call **561-409-3594** or simply place your name on the sign-up sheet located in the reception room and someone will contact you a few days prior to the workshop to confirm. Please bring a guest so that they too can experience Peak Performance in all facets of health!

Event Details:

Upper Cervical Institute of FL

January 13th

7:00 pm

Phone: (561) 409-3594
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Boca Raton, FL 33433