

Fuel & Flow Workshop

How to Reset Your Metabolism and Move with Intention

Nourish your body. Move with intention. Reset from within.

Join us for a free educational workshop to learn how movement, mindfulness, and nutrition work together to support your metabolism, energy, and overall wellbeing. You'll also get a look at our upcoming *Fuel & Flow: 90-Day Metabolic & Movement Challenge* starting January 1, 2026.

Choose ONE Workshop Date:

OCTOBER

- Oct 18 | 12:00 PM | In-Person
- Oct 23 | 6:30 PM | Virtual

NOVEMBER

- Nov 15 | 12:00 PM | In-Person
- Nov 18 | 6:30 PM | Virtual

DECEMBER

- Dec 4 | 6:30 PM | Virtual
- Dec 9 | 6:30 PM | Virtual

Each workshop covers the same content – attend one!

Exclusive Attendee Bonuses:

Attendees will receive a special bonus offer when they join the *Fuel & Flow: 90-Day Challenge* after attending the workshop.

All attendees are entered into a Wellness Raffle at each event!

Reserve your free spot today!

Scan the QR code to register for your preferred workshop date on Eventbrite.

Space is limited.



NEW BEGINNINGS
Chiropractic & Wellness Center