

**WORKSHOPS FOR 2012  
MONDAY EVENINGS 7-8PM**

<b>January</b>	<b>1/9</b>	<b>Nutritionist: Ilyse Schapiro “Five Things to do Now to Improve your Nutrition for 2012”</b>
	<b>1/16</b>	<b>21 Day Detox</b>
	<b>1/23</b>	<b>Yoga for Spinal Health Guest Instructor Norma Archer</b>
<b>February</b>	<b>2/6</b>	<b>Posture &amp; Ergonomics w/ Joy Jacobson-The Alexander Technique: How to Sit/Stand &amp; Move with Less Pain</b>
	<b>2/13</b>	<b>Yoga For Spinal health</b>
	<b>2/27</b>	<b>The Anti-Inflammatory Diet</b>
<b>March</b>	<b>3/5</b>	<b>Posture &amp; Workplace Ergonomics</b>
	<b>3/12</b>	<b>Yoga for Spinal Health</b>
	<b>3/19</b>	<b>Guest Workshop</b>
	<b>3/26</b>	<b>The Anti-Inflammatory Diet</b>

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