

INVEST IN HEALTH: WORK TOWARD WELLNESS

April 1: Detoxify Your Body: What Works?

Dr.Brian Morrison, Owner of Morrison Chiropractic, PA

April 7: Spring Forward, Not Back – Maintaining Your Energy

Marla Peoples, Licensed Acupuncturist, M.Ac.

April 14: Answers to “Why Can’t I Lose This Weight?”

Dr.Maggie Covington of HeartLight Healing Arts

April 21: Pilates for Healthy Posture

Sara Raymond, Manager/Instructor/Trainer at Coreworks Fitness

April 28: Weight Management – a Physicians Perspective

Dr.Rajiv Dua, Director of Weight Management Center of Maryland

May 5: Mind/Body Healing

Virginia Sauro, LCSW-C, Psychotherapist at Columbia Psychological Associates

May 14: Take Charge of Your Health: How to Talk to the Doctor

Sonja Barsky, CNRP at Centennial Medical Group

May 20: How to Drop 6 Pounds in 6 Weeks

Brenda VonRautenkranz, Personal Trainer/Talk Show Host

May 27: Reiki – Practical Uses for You & Your Family

Tracy Houchins, Reiki Master, Teacher/Practitioner

June 3: How Can Improved Fitness Impact Your Golf Game?

Dr.William Bleam,III of Morrison Chiropractic

June 9: Natural Alternatives to Pharmaceuticals

Jillian Borchard, MS, Clinical Herbalist of ‘Roots Market’

June 17: Debunking Myths of Lower Back Pain

Dr.Carol Bleam of Morrison Chiropractic

June 22: Can Acupuncture Work for Me?

Patty Owen, Licensed Acupuncturist, M.Ac.

June 29: Alexander Technique: Enjoy Your Movement

Karen Guertler, Registered Movement Therapist

All Presentations are FREE of charge, from 7:30pm –8:30pm.

Location: Morrison Chiropractic

8450 Baltimore National Pike in the Normandy Shopping Center

To RSVP or for more info, please call 410-465-0555 or email us at

Info@MorrisonChiropractic.com