

HEALTHY DARWIN

Healthy Lifestyle Workshops & Short Courses 2025 Dry Season

Health Workshop Series

Join our knowledgeable staff as we present this series of interesting and informative Health Workshops so you can start your journey toward a healthier, stronger you.

23 April - Concussion
28 May - Sleep Well
25 June - Boost Your Immune System in 21 Days
23 July - Atomic Habits
27 August - Fix Your Form To Perform
24 September - Women's Wellness

Follow the QR code to find out more about these workshops and book your place today.



Wednesdays x 6 6:00pm - 7:00pm
Chiropractic Life Casuarina
46 Vanderlin Drive, Casuarina

★ **Bookings required! Scan QR Code to book**
Host: Chiropractic Life Casuarina
W - www.chiropracticlife.com.au

To find out more about this activity,
contact the instructor directly.

NO COST to attend!



To find out more about Healthy Darwin:
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