

# HEALTHY DARWIN

## Healthy Lifestyle Workshops & Short Courses 2026 Dry Season

### Lifestyle 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.

#### Wednesdays 6:00pm - 7:00pm

15 April - Bulletproof Your Low Back  
20 May - Headaches  
22 July - Sciatic Solutions  
19 August - Anxiety

#### Wednesdays 9:30am - 10:30am

17 June - Tummy Time  
16 September - Taming Toddlers

Chiropractic Life Casuarina  
46 Vanderlin Drive, Casuarina

★ **Bookings required! Scan QR Code to book**

Contact: Chiropractic Life Casuarina

W - [www.chiropracticlife.com.au](http://www.chiropracticlife.com.au)



**NO COST to attend!**

To find out more about these workshops,  
contact the instructor directly.



  
CHIROPRACTIC LIFE  
CASUARINA

To find out more about Healthy Darwin:

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