

HEALTHY DARWIN

2026-27 Wet Season Healthy Lifestyle Workshops & Short Courses

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.

14 Oct	Bulletproof Your Low Back
18 Nov	Headaches & Migraines
09 Dec	How To Survive The Holiday Season
20 Jan	Atomic Habits
17 Feb	Sleep, Screens & Social Media
10 Mar	Menopause Mastery

Follow the QR code or go to

www.eventbrite.com/cc/casuarina-upcoming-events-2883699

to find out more about these workshops.

Wednesdays x 6 6:15pm - 7:15pm

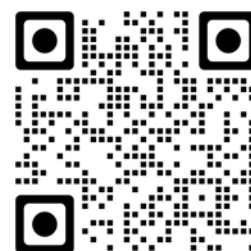
Chiropractic Life Casuarina

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.

FREE to attend!



CHIROPRACTIC LIFE
CASUARINA

To find out more about Healthy Darwin:

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