



[Sherwood Chiropractic Center Announces Free Wellness Workshops](#)

Dr. Kathleen Sherwood, an innovative chiropractor and wellness professional, will be hosting free Stand Taller, Live Longer workshops twice a month in 2015.

Online PR News “19-January-2015” This year, Sherwood Chiropractic Center is offering free wellness workshops every 1st and 3rd Thursday at their Decatur, GA office. Each 45-minute session will include an introduction to chiropractic and specific exercise and posture instruction. There will be a different wellness focus each month, but most sessions will cover nutrition as well as other positive lifestyle habits. And, attendees will each receive a health-related goody bag!

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Dr. Sherwood believes that achieving better health is attainable for everyone; and, that having a healthy, flexible spine, good posture and a clear nervous system is critical to overall health. These workshops will show you how all these things are connected, and what to do to keep firing on all cylinders as we age! She will explain how your body works and the vital importance of movement.

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Example Exercise Session

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Introduction to Chiropractic

Understanding the Relationship Between Your Myofascial System and Muscles
Posture Exercises & Myofascial Stretching for the Workplace & Home

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Example Lifestyle Session

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Eating for a Healthy Spine and Nervous System

Nutrition for Health Joints

Extremity Health: How to Have Healthy Shoulders, Knees and Feet!

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Dr. Sherwood is an accomplished chiropractor and extremely active in community outreach programs. She is very passionate about chiropractic and improving the health and lives of her patients and others. These outstanding workshops are her way of keeping healthcare knowledge accessible to everyone, and not to be missed by anyone who wants to feel their best at any age!

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