

2010 CLASSES FOR INFINITE HEALTH

WEDNESDAY EVENINGS AT 6:30 PM

June	06/02	<i>Specialty Spinal Workshop</i> <i>Summertime Tips for Back Pain Prevention</i>
	06/09	Introduction to Healthy Lifestyle Class
	06/16	<i>Back Pain and its Effect on the Brain</i>
	6/23	Advanced Healthy Lifestyle Class
July	07/07	<i>Specialty Spinal Workshop</i> <i>Backpack Safety</i>
	07/14	Introduction to Healthy Lifestyle Class
	07/21	<i>Backpacks and its Effect on Posture and Neurology</i>
	07/28	Advanced Healthy Lifestyle Class
August	8/4	<i>Specialty Spinal Workshop</i> <i>Academic Headache</i>
	8/11	Introduction to Healthy Lifestyle Class
	8/18	<i>Neurological Causes of Academic Headaches</i>
	8/25	Advanced Healthy Lifestyle Class
September	9/1	<i>Specialty Spinal Workshop</i> <i>Immunity & the flu</i>
	9/8	Introduction to Healthy Lifestyle Class
	9/15	<i>Neurology and the flu</i>
	9/22	Advanced Healthy Lifestyle Class
October	10/6	<i>Specialty Spinal Workshop</i> <i>Nutrition Basics</i>
	10/13	Introduction to Healthy Lifestyle Class
	10/20	<i>Nutrition, Lifestyle and Neurology</i>
	10/27	Advanced Healthy Lifestyle Class
November	11/03	<i>Specialty Spinal Workshop</i> <i>Successful tips to deal with Holiday stress</i>
	11/10	Introduction to Healthy Lifestyle Class
	11/17	<i>Stress and its effects on health</i>
	11/24	NO CLASSES DUE TO THANKSGIVING!
December	12/01	<i>Specialty Spinal Workshop</i> <i>All Natural Cold Relief for Children</i>
	12/8	NO CLASS DUE TO SEMINAR
	12/15	Introduction To Healthy Lifestyle Class
	12/22	<i>Natural Cold Relief and its effects on Neurology</i>

Dr. Sam Ayan

1 Fisher Ave. ~ Boscawen, NH 03303

603-753-4455 ~ 1-888-320-BACK

[Www.InfiniteHealth.biz](http://www.InfiniteHealth.biz)

Call 603-753-4455 today to sign up for any of the above classes/workshops.
Contact us to schedule any of the above classes & workshops at your workplace, club or organization.