



30 Minute Reboot – Change Your Life in 30 Minutes

With Dr. Aaron R. Bridge, of Bridge Chiropractic

Join us on Tuesday Nov 12 from 12 – 1 PM in M1090

Get ready to learn how to naturally reduce stress, boost energy and eliminate pain

The 30 Minute Reboot workshop was designed to help address some of the most common health problems that we encounter on a daily basis. In one way or another every single one of us experience stress, fatigue, and pain. Whether these problems are work related or not, they will inevitably negatively impact our performance at work and in many other areas of our life. Instead of chasing each one of these problems with all sorts of complicated strategies, we have created one of the most elegant and simple solutions through the 30 Minute Reboot. In this workshop, Dr. Bridge will share a plan that is backed by solid research and clinical experience. You will learn how to quickly and effectively solve these problems, improve your health and change your life forever!