

2012

• Innsbrook Wellness Forums

01/12

- Discover the Connection!
- Sleep, Obesity & Weight Loss

02/09

- Dental Myths Debunked!
- Goochland Dentistry

03/08

- Health Screenings ~ Ask the Doctor!
- Blood Pressure, Glucose, BMI, Sleep Diagnostics, and Orthopedic Assessments

04/12

- Growing Up Healthy
- Childhood Obesity

05/10

- Don't just live with it!
- Headaches & Backpain

06/07

- Innsbrook Health & Wellness Fair

July

- Driving for your Community!
- Annual Blood and Food drives

08/09

- Work with your body, not against it!
- Albanese Chiropractic on Ergonomics

09/13

- Heart Healthy Eating
- Bon Secours Cardiologist and Local Chef on Organic Cooking

10/11

- Meet the Survivors!
- Breast Cancer Awareness

11/08

- Ready to Quit?
- Smoking Cessation

December

- Innsbrook Biggest Loser