

The Vital Shift Dinner

"The next most important thing to getting adjusted."

The Vital Shift is a twenty-minute informative health class that includes tips on how you can move away from the "sick-care system" to a more holistic, wellness-based lifestyle.

The Vital Shift is designed to instruct new patients about what lies ahead during their corrective care plan and what sets Core Wellness Center apart from other chiropractic practices.

Held once a month on Monday at 6:00 pm. Join us for a light-bite to eat and gain valuable knowledge about your journey toward optimum health. Feel free to bring a guest or two!

Call us to find out when the next Vital Shift Dinner is scheduled, for more details and to reserve your seat(s).

(973) 837-6677