

New Life Chiropractic - Rocklin Announces April 2026 Chiropractic Workout Workshops in Rocklin, CA

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New Life Chiropractic - Rocklin will host its April 2026 Chiropractic Workout Workshops, including a dedicated Movement and Mobility Class on April 14 at 5:30 p.m. at the clinic. The interactive in-office session focuses on practical techniques to improve movement, mobility, and overall function through guided stretching and exercises.

The workshop is designed for participants seeking simple, sustainable methods that can be incorporated into daily routines. Attendees will learn how to stretch and exercise safely and effectively in ways that support spinal and nervous system health. Sessions emphasize gentle, consistent practices rather than one-time solutions, aligning with the clinic's holistic approach to wellness.

Weekly exercise workshops are also available every Tuesday, providing ongoing opportunities for community members to build better movement habits. The April 14 session is open to everyone and is provided at no cost. Participants are encouraged to wear comfortable clothing suitable for guided exercises. Reservations are recommended to secure a spot in the limited in-office setting.

This initiative reflects the clinic's long-standing emphasis on education and empowerment. Since its founding in 2012, New Life Chiropractic - Rocklin has promoted natural health solutions through chiropractic care and lifestyle guidance. The practice follows the 5 Essentials framework, which addresses core chiropractic adjustments, nutrition, mindset, oxygen and exercise, and minimization of toxins. Workshops such as the Movement and Mobility Class complement these essentials by helping individuals apply movement principles that support nervous system function and long-term vitality.

Dr. Tim Smith, clinic owner, stated, "Workshops like the Movement and Mobility Class provide hands-on guidance for developing routines that enhance daily function. These sessions allow participants to learn techniques that align with principles of spinal health and consistent movement."

Dr. Catherine Smith, clinic owner, added, "Focusing on safe stretching and effective exercises helps individuals of various ages and backgrounds build confidence in their mobility. Such programs support the broader goal of empowering families to maintain wellness through practical, sustainable habits."

The clinic's team brings extensive expertise to these educational efforts. Dr. Tim Smith, a magna cum laude graduate of Life Chiropractic College West, specializes in spinal correction, neurology, nutrition, and fitness. He has authored the book "Unleash the Healer Within" and frequently speaks on holistic wellness topics. Dr. Catherine Smith, a distinguished graduate of Palmer West Chiropractic College with a background in kinesiology, holds certifications in Webster Technique and Birth Fit, with particular experience in pregnancy, postpartum, and pediatric care.

Additional team members contribute to the clinic's comprehensive care model. Dr. Angelo Gassoumis, who graduated from Southern California University of Health Sciences with an emphasis in sports medicine and holds a background in athletic training, focuses on spinal correction and education around the 5 Essentials. Dr. Thor Clemens, an associate chiropractor who graduated from Palmer College of Chiropractic, leads community outreach and applies the 5 Essentials approach to promote natural health solutions.

The Movement and Mobility Class addresses common needs for better movement patterns that reduce restrictions and support overall health. Sessions include demonstration of stretches and exercises tailored to promote spinal alignment and nervous system balance. The format encourages active participation in a supportive group environment, allowing attendees to gain immediate experience with the techniques.

New Life Chiropractic - Rocklin serves families across all life stages, from newborns to seniors. Its services include chiropractic adjustments, prenatal and pediatric care, and integration of lifestyle factors that enhance the benefits of care. The addition of regular exercise workshops extends this mission by providing tools for self-management of mobility outside of clinical visits.

The April 2026 series continues the clinic's pattern of offering community-focused educational opportunities. These sessions are not intended for advanced athletes seeking specialized training but rather for individuals interested in building foundational, maintainable movement skills. By participating, attendees can explore methods that complement existing chiropractic care plans or serve as an introduction to holistic health practices.

The clinic's philosophy centers on addressing root causes of health challenges through natural methods. Educational workshops play a key role in this by equipping participants with knowledge and skills for daily application. The Movement and Mobility Class exemplifies this by teaching techniques that support better posture, flexibility, and functional movement.

New Life Chiropractic - Rocklin remains committed to fostering wellness in the community through accessible programs. The April 2026 Chiropractic Workout Workshops provide a timely opportunity for residents to engage with practical movement education in a professional chiropractic setting.

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New Life Chiropractic Rocklin

At New Life Chiropractic, we offer solution-based holistic care to help every family member, from newborns through seniors, create and maintain optimal health for life.

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