



Canton Center Chiropractic Clinic TRIBUNE

December 2018
6231 N. Canton Center Rd, #109
Canton, MI 48187
(734) 455-6767
cantoncenterchiropractic.com
Like us on Facebook



Wishing you the gifts of peace, happiness, and good health throughout the Holiday Season and Always!

Dr. Robert E. Potter Jr., D.C. and Staff

Announcing our Ugly Sweater Contest!!!

We love Ugly Christmas sweaters! Our office staff will be showing off their ugly sweaters every Friday through December. Take a picture wearing your ugly Christmas sweater with "Artie", our skeleton office mascot, any time beginning now until December 22nd. Post it on our facebook page: Canton Center Chiropractic. ***The picture with the most likes wins!***

The winner will receive a \$50 gift card. The contest ends December 25th. Don't be shy, have some fun, and start posting your pictures!

Upcoming Workshops

As part of our effort to further our community's knowledge about health, we continue to offer our complimentary workshops for our patients and their guests.

A Natural Approach to Stress, Anxiety and Depression

Tuesday, December 11th, at 7:15 pm, presented by Danielle Potter, D.C. Do the holiday preparations have you feeling stressed or anxious? Join Dr. D to find out how stress affects your health and what natural solutions are available.

Essential Oils for the Holiday

Thursday, December 13th, 7:15 pm, presented by Dr. Danielle Potter, D.C. Learn about the "most-loved" or "easy-to-use" oils and treat the people on your gift list to an oil that is right for them.

As always, guests are welcome, and all workshops will be held in house. Also, all in-house workshops are at NO CHARGE, and sign up is available at the Front Desk.

Take Time for Tuesday Night Meditation

on December 18th at 7:15 pm. Join MJ for an evening of **Meditation**, and learn techniques to use at home. With breath work and a quiet environment, you can take a break from your daily activities. Whether you have meditated or you want to begin meditating, everyone is welcome.

Reiki I Class with M.J. Potter Saturday, January 12th, from Noon-6:00 pm, covers history of Reiki, self-treatment, and working with energy. The cost is

\$95.00, which includes class material and attunement. Call MJ at the office to register.



NEED A STOCKING STUFFER?

How about a gift they can really use! We now have Holiday Gift Certificates available in any amount. Buy them a certificate that is useable for an Adjustment, Young Living Oils, Be Natural Organic skin care, Rain Shower water filters, or for Vitamin supplements. Give the gift of health! Our massage therapist, reflexologist and Reiki practitioners offer gift certificates too!

Office Hours

Regular office hours are Monday, Wednesday from 9am-7pm., Tuesday and Thursday from 10am-7pm, Friday 9a.m. -5:30 p.m. Saturday from 10am - 12pm.

The office is closed December 24th, December 25th and January 1st. The office is open December 31st from 9 am to 1pm. Note: Dr. Potter will be out of the office on December 31st.

The office will be open December 26th and January 2nd from noon until 7 Pm

Further changes will be posted at the Front Desk and available on our website:
www.cantoncenterchiropractic.com

Massage Therapy & Energy Healing

Maura Gregory, *Massage Therapist and certified personal trainer*, graduated from the Ann Arbor Institute of Massage. Post-graduation, Maura completed an externship at the University of Michigan Athletic Department. Maura believes everyone is an athlete in their own way and massage can help you perform to your best. Schedule your appointment online at:
mg.massagetherapy.com

MJ Potter, *Reiki Master* is offering energy balancing and incorporates the Bio-Mat technology with each session. In addition, Reiki I and II classes with attunement are now available. Call the office at 734-455-6767.

Elzbieta Rozalski is a Certified, Ingham Method Reflexologist since 2005, and Reiki Master. Reflexology can relieve stress and tension within the body. It improves circulation, lymphatic flow and works to unblock nerve impulse pathways. These benefits all work toward helping the body to heal itself by restoring balance to the vital energies. Note: Per request, Reiki may also be combined with a Reflexology treatment. Call

or email for and appointment at:734-756-0844
www.elarozalski@yahoo.com
or
www.michiganreflexology.com

Thermography First

Thermography is a no-touch, painless, non-invasive, radiation-free imaging screening for breast health and much more. Screening will be available on Thursday's, Call Linda Honey for pricing and appointments at 586-770-4429.
thermographyfirst@comcast.net

NIA Classes: Sessions run until Monday December 17th with new classes after the holidays

Join Jennifer Desiderio's Nia Classes on Monday from 7-8p.m. **The Nia Technique Class** is a mind-body-spirit movement combining the energies of dance, martial arts and healing arts. *Drop-Ins Welcome! Minimal fee of \$9.00 a class!*
www.nianow.com

Yoga: Classes run until December 19th with new sessions after the holidays

Join us on Wednesday from 7-8p.m. Classes will include standing and seated poses, appropriate levels of twists, forward bends, and strength-building moves. You will learn breathing techniques,

postures, sun salutations and calming relaxation.

Nutrition of the Month

The featured supplement this month is **Serenagen** from Metagenics. This product is a herbal stress management formula for those feeling "stressed and wired". Serenagen provides support for those who may be overworked, sleep too little, have exhausted physical reserves, and/or have difficulty resting. It helps promote a sense of inner calmness. The product is perfect for this time of year, when many feel the effects of holiday preparations and long wintery days.

Oil of the Month is Christmas Spirit.

This essential oil is a blend of orange, cinnamon bark, and spruce. Christmas Spirit can promote feelings and memories of the beautiful times and moments of the Christmas, winter season. Christmas Spirit essential oil, offers protection from airborne viruses and bacteria. It can be soothing and healing to the respiratory system. Come in and sample this wonderful oil!

Please consult the doctors before beginning any new supplements in order to make sure each vitamin is needed for the individual.



