



Canton Center Chiropractic Clinic TRIBUNE

February 2019
6231 N. Canton Center Rd, #109
Canton, MI 48187
(734) 455-6767
cantoncenterchiropractic.com
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Welcome to our Newest Associate Doctor!

Jessie Potter, D.C., "Dr. J", as we are calling her, has joined the practice. Dr. J graduated from National University of Health Sciences in April of 2018. She is currently accepting new patients and looks forward to serving your health and wellness needs.

Heart and Vascular Screening Event

Know Your Health Now is back in the office on Tuesday, February 19th. They are offering screenings for the following: Cardiac Ultrasound, EKG, Abdominal Aortic Ultrasound, ABI, Carotid Duplex for stroke potential and more. Pre-registration is required. Go to knowyourhealthnow.com to schedule an appointment.

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.

Heart Health

Tuesday, February 5th at 7:15 pm presented by Danielle Potter, D.C. Keep your heart healthy! Learn the vitamins and minerals that may help your heart in

preventing heart disease, arteriosclerosis and high blood pressure.

Essential Oils for the Heart and Circulation

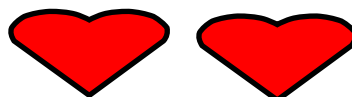
Tuesday, February 12th at 7:15 pm presented by Danielle Potter, D.C. Join Dr. D as she discusses Therapeutic oils that enhance the heart on all levels. It's simple and informative!

Learning Disabilities: A Natural Approach

Tuesday, February 19th at 7:15 pm presented by Danielle Potter, D.C. Do you know someone young or old that suffers from ADD, Autism, anxiety or any other learning disabilities? Dr. D will discuss Holistic options for these conditions. Everyone is welcome to attend.

New Workshop: Healthy Childhood Development

Thursday, February 21st at 7:15 pm presented by Jessie Potter, D.C. Join Dr. J as she discusses overall wellness which includes topics such as: Diet, vitamins and minerals, brain development, sleep and more. A must for all parents.



Continuing into February Detox with the Doc: Getting Healthy after the Holidays!

Presented by Nicole Brady, D.C., January 17th, until February 7th, 6:30 pm. There is still time to join Dr. Brady and learn about detox and purification benefits. This series of classes focuses on tips, health information and support as you detox.

As always, guests are welcome and all workshops will be held in house. Also, all in-house workshops are at NO CHARGE. Sign-up is available at the Front Desk or call to register. 734-455-6767

Office Hours

Regular office hours are Monday, Wednesday from 9am-7pm., Tuesday and Thursday from 10am-7pm, Friday 9a.m. -6p.m. Saturday from 10am - 12pm.

Dr. Potter will be out of the office Feb. 12th until Mar. 14th. Dr. Potter will be in on Friday, February 8th.

Dr. Brady out of the office Feb. 28th until Mar. 9th.

Further changes will be posted at the Front Desk and available on our website:

www.cantoncenterchiropractic.com

No Meditation is scheduled in February.

Reiki II class, Saturday, February 9th from Noon to 6pm with MJ Potter Reiki Master

Reiki II covers symbols, hand positions for treating others, long-distant healing and attunement. Cost: \$95.00 Contact MJ for more information.

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

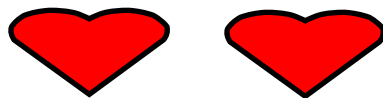
Thermography is a no-touch, painless, non-invasive, radiation-free imaging screening for breast health and much more. Screening will be available on Thursday's, Call Linda Honey for pricing and appointments at 586-770-4429. thermographyfirst@comcast.net

NIA Classes

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 \$10.00 a class!* www.nianow.com

Yoga

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 **Cardio Plus from Standard Process**. It provides nutritional support

to optimize the efficiency of the heart. It contains bovine heart PMG extract, naturally occurring Coenzyme Q10, plus all of its necessary cofactors; vitamin B and E complexes. These nutrients support healthy functioning of the heart muscle.

Other heart healthy supplements include **Cataplex B, Vasculin, and Bio-Cardiozyme**. Be good to your heart! Check in with your doctor to learn how to prevent heart disease.

Essential Oil of the Month is JOY. When inhaled, it brings back memories of being loved, being held, sharing, loving times. This blend has uplifting overtones that creates magnetic energy and brings joy to the heart.

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

LOOKING AHEAD... MARK YOUR CALANDERS!!!

WELLNESS

EXTRAVAGANZA!!

Saturday, March 23rd from 12-3p.m.

Join us for an afternoon filled with demonstrations and information on Nutrition, Chiropractic, Massage, Reiki, Reflexology, Essential Oils, Raffles, *and so much more*. Everyone is Welcome! Admission is Free. Register at the front desk!

