



TRIBUTE

Canton Center Chiropractic Clinic

Important Dates:

- Aug 1 Dr. P in 10-12
- Aug 1-3 Dr. B out of office
- Aug 4 Reflexology Workshop, No Nia Class
- Aug 5 Nia Class
- Aug 11 Nia Class
- Aug 12 Healthy Family Workshop, Back to School Day
- Aug 18 Nia Class
- Aug 20 Dr. B in office 10-1
- Aug 22 OFFICE CLOSED
- Aug 27 Evening of Inspiration Class, Dr. P in office 10-1 only
- Aug 28 Dr. P out of office

Back to School Day

Wednesday, August 12th, we will be having our Back to school day. Useful

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. Reflexology Workshop, presented by Patricia Burmeister, Tuesday, August 4th, from 7:00-8:15p.m. Reflexology can relieve stress and tension, improve blood supply, and promote the unblocking of nerve impulses in the body. Join us for an evening of relaxation as we learn about these important reflex areas on our body, and the unique method that is used on them.

How To Have A Healthy Family Inspite Of Modern Medicine, presented by Dr. Davis W. Brockenshire on Wednesday, August 12th, from 7:15-8:30p.m. Join Dr. Brockenshire for an interactive look at the tools and methods available for raising a healthy family in today's society. Samples of delicious and healthy gluten free snacks will be available. Children 12 and over are welcome.

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.

Additional workshops will be presented through the Plymouth-Canton Community Education Program for Adults. The charge for each workshop is \$12 and these will be available at the Plymouth-Canton Educational Park (High School). Please contact the community education program at (734) 416-2937 for further details.

NIA CLASSES CONTINUED

Starting on Tuesday, July 14th thru August 18th from 7-8pm Jennifer Desiderio will be presenting The Nia Technique. The cost is \$36.00 for a 6 week session. What is Nia Techique? The Nia Technique offers a new perspective on how to get fit and healthy. It is a holistic approach to lifestyle and fitness that blends movements and principles from dance, martial arts, and healing arts. Nia is for all ages and fitness levels. Dress comfortably.

Warning: This class may cause you to feel recharged, rejuvenated, and full of life! Drop-ins welcome! Cost is \$6.00 per class.

Attention: Tuesday, August 4th class will be changed to Wednesday, August 5th.

“AN EVENING OF INSPIRATION”

Do you create your reality or merely react to it? Please join Steven Porritt for some fascinating conversation around the power of the mind. Based on earlier classes and workshops Steven will be covering techniques of meditation and energy healing combined with theory and discussion on the Law of Attraction. For those that have been to earlier workshops and classes, this will be an excellent refresher. For those that are here for the first time, be open to new concepts about how to look at your life and ways you can change it.

>Class will be held Thurs., August 27th from 7-8:30p.m. The cost is \$10.00 per person.

Office Hours

information will be on hand in regards to healthy lunches, snacks, brain-boosting nutrients, and Air Back Packs will be on sale as well. So, stop on by and get a head start on learning!

A Healing Thought

As we enter August and the fall season approaches, we start to reflect on all the events and activities that have happened through the summer months. Some of us went on vacations, while others had party celebrations. Some enjoyed gardening or just getting outdoors more. Here at Canton Center Chiropractic Clinic, we enjoy a variety of activities all year long, from Tai-Chi, to Nordic Walking, to getting fit through the Nia Technique. As the seasons change, let's remember to keep "moving" and stay fit. We always have an activity you can join whether it is a Workshop, Class, or Healthy Choice Day. Be proactive! Let's keep moving toward Optimal Wellness.

Regular office hours are Monday, Wednesday, and Friday, from 9am-7pm., Tuesday and Thursday from 10am-7pm, Saturday from 10am – 1pm.

Dr. Potter IN: Sat., Aug. 1st 10-12 & Thur., Aug. 27th 10-1 ONLY

Dr. Potter OUT: Fri., Aug. 28th

Dr. Brockenshire OUT: August 1st-3rd, and 22nd

Dr. Brockenshire IN: Thurs., Aug. 20th 10-1

OFFICE CLOSED: Sat., Aug. 22nd

Further changes will be posted at the Front Desk.

Massage Therapy & Energy Healing

Steven Porritt will be taking appointments Tuesday through Friday. To book an appointment, you should contact him directly at (734)377-6843.

Jennifer Webb, our energy healing and ear coning practitioner, will now be accepting appointments. To schedule your appointment contact her at (734)635-1600

Kim Bailey, our other energy healing practitioner, offers healing through Spiritual Art therapy, Reiki, and other means. To schedule an appointment, you may call Kim directly at (810) 923-0367.

Tai Chi Classes

We are continuing to offer Tai Chi Classes. Classes are open to beginners and intermediates, as well as every age group. Classes will be held each Thursday from 6-7pm. Classes are \$5 each with senior rates available. Sign-up is available at the front desk, or call to have your name put on the list.

Nutrition of the Month

The featured supplements this month are essential nutrients for Back to School Day. Multi-Vitamins are essential for every person. It is important for every developing body to get the vitamins and minerals required to grow correctly. When buying a multi-vitamin, make sure to avoid sugars, artificial colorings, and preservatives. We offer several Multi-Vitamins: Catalyn (Regular and Chewable), Mighty Mins, Nordic Berries, Children's Liquid and an adult Multi-Liquid. We can't forget to protect ourselves with the Immune Boosters like Congaplex (Regular and Chewable). This is the primary supplement for colds, flu, and congestion. The vitamin complex helps to boost your immune system and defend against pathogens.

Come in for our Back to School Day to learn more about Brain-Boosting Nutrients like DHA Junior, Acetyl-L-Carnitine, and Brain Power Soars. Learn about Energy Enhancers like Drenamin and Cataplex B, and Athletic Injury and Wellness supplements like; Cataplex E2, Cardio-Plus, Glucosamine, and Ligaplex 1 & 2. Join us Wednesday, August 12th to learn more.

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

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