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Important Dates:

- Aug 11 Weight Loss Workshop
 Aug 18 Healthy Snack Day
 Aug 19 Flu Vaccine Workshop
 Aug 26 Family Night

Healthy Choice Day

Join us Wed., Aug. 18th for Healthy Snack Day. Learn how to give your children healthy choices for school lunches and snacks.

Office Hours

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

Dr. Hicks IN:
 Aug. 3rd- 10-1 & 3-7
 Aug 4th – 9-1 Only
 Dr. Potter IN:
 Sat., Aug. 7th 10-12
 Dr. Hicks OUT:
 Fri. & Sat. Aug. 6th, 7th
 Dr. Potter IN:

Back to School Thoughts

Unbelievable, summer is still here, but it is time to start thinking back to school! Just the other day I saw retailers setting out school supply displays. I can hear the kids groaning and the moms cheering. Although on a personal note, I like this time of year since going back to school means starting something fresh and having opportunities to expand your knowledge. It is also a reminder to savor the warmth and joy of these great days of summer.

In addition to buying school supplies, dorm stuff, clothes and shoes remember to think of your health care needs. During the month of August we are providing events for learning about healthy snacks, opportunity for scoliosis screening and nutrition to boost immune systems. Be sure to join us for Family Night and Healthy Snack Day. Ask our doctors, “What is the best protocol to help boost my child’s immune system”? From pre-school to college aged students, give them what they need to prevent illness this school year.

Let us help take care of some of your back to school preparations. Enjoy the rest of the sunny days of summer!

Yours in Health,
 MJ Potter, B.S., M.T. ASCP
 Office Manager

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.

Wed., August 11th from 7-8:15p.m. Dr. Hicks is presenting a workshop on Weight loss Wellness. Improve overall health as opposed to just losing weight. Learn to manage your blood sugar and keep your body in the fat burning zone. If you have at least 15lbs. of excess weight that you need to lose and want to keep it off for the rest of your life, this workshop is for you.

Get Active about the Flu...Vaccine! Come hear Dr. Potter discuss issues surrounding the flu as well as other vaccines. Thursday, Aug. 19th from 7:15-8:30p.m.

FAMILY NIGHT! Come join us for a night of fun, education and light snacks. Thur., August 26th from 6-8p.m. There will be something for everyone in the family. Our doctors will be available for scoliosis screenings, golf exercise tips, and Zyto technology demonstrations. Meet with a local dentist and optometrist, as well as, vendors for martial arts, natural cleaning supplies and skin care. Massage therapy and mini Bio-Mat will be offered. Registration requested. Please sign up at the front desk.

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.

Friday's 9-1 Only

Further changes will be posted at the Front Desk.

Weight Loss Challenge

Huge success continues with the weight loss group. Get support in your quest to lose weight. The next challenge will start August 10th and the group meets on Tuesday's from 6-7p.m. For more information and registration or any questions, please call 734-667-2004.

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.

Massage Therapy & Energy Healing

Jennifer Webb, our Natural Health Practitioner is offering a holistic approach to "Health and Well Being". Providing-Ear Coning, Auricular (Ear)Acupuncture, and "Whole Body" Energy Balancing. To schedule an appointment Call Jennifer @ (734)635-1600

Christy Zarek comes to us with 8 years of experience in craniosacral, hot/cold stone plus other techniques and is taking appointments on Tues/Fri. Call Christy at 734-516-0701.

Cynthia Haas employs the bio-mat technology with her massages and is now taking appointments on Thursdays. Call Cynthia at 313-506-1302.

Nutrition of the Month

The featured supplements this month is essential nutrients for Back to School. 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.

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

Patient QC Survey Summary

Recently we asked you to fill out a survey to evaluate our clinic and services. Thank you to all who so graciously responded, (that survey was long). The feedback will enable us to better help you on your road to wellness.

This is only a brief summary; however, a more detailed handout is available at the front desk. In short, there was an overwhelming response, 85% excellent rating, for our staff, doctors, the courtesy and efficiency of the office. The accommodation portion rated 70% excellent. We also received high marks for such aspects as the workshops, health fairs, symptom surveys, nutritional products and chiropractic support products. About 50% rated our new services as somewhat important to important; however, many of you did not know about or needed more information regarding other services.

With this in mind we will be working at providing information on what we offer and how it may benefit you. Your doctor can answer specific questions on what will be best for your situation. We were also able to identify the top ten health topics for future workshops; the number one spot was tied between muscle testing and weight loss followed by balancing hormones naturally and Reiki therapy/chakra balancing.

Again, a big thank you for your assistance with this survey and be looking for more service information based on your input.

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