



Canton Center Chiropractic Clinic TRIBUNE

April 2020
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Canton, MI 48187
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cantoncenterchiropractic.com
Like us on Facebook



Welcome Spring!

Aah, the season has changed...we say farewell to the quiet of winter. Spring is the time of plants budding, opening our homes to the fresh air and plenty of new growth. We invite you to take the time to do something new with all the workshops we have available. Happy Easter and Happy Spring!

~Dr. Potter and Staff

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. **Due to the Coronavirus (Covid-19) we will be following the CDC's recommendations as we approach the workshop dates. Please sign up for your workshops so we can keep you updated.**



Oils for Allergies

It's almost that time of year again, allergy season!

Join Dr. D **Thursday, April 16th at 7:15 pm.** to learn how essential oils can be beneficial to your allergies.



Menopause

Do you know someone that can't sleep, has hot flashes and night sweats, or has problems losing weight? Lastly, anyone you know that suffers from vaginal dryness or lichen sclerosis? Join Dr. D **Thursday, April 23rd at 7:15 pm** to find out how to deal with the symptoms of menopause naturally!

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.



Rescheduled Intro to Chakra and Energy Balancing

Ever wonder where that gut feeling comes from or why you know something intuitively? Ever feel your energy is lacking or out of balance? Have **"Fun with Energy"**; join MJ Potter, Reiki Master, for this

informative evening learning about chakras and how you can balance them. **This class from March has been rescheduled to Monday, May 4th at 7:15 pm.**

Take Time for Tuesday Night Meditation

Join MJ for an evening of **Meditation Tuesday, April 28th at 7:15 pm**, 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.



Office Hours

Regular office hours are Monday 9am-7pm, Tuesday 10am-6p, Wednesday 9am-6pm, Thursday 10am-7pm, Friday 9am-5:30pm, and Saturday 9am-12pm.

Due to the Coronavirus (Covis-19) we will be fluctuating our hours. We recommend calling ahead of time or looking at our Facebook page for any changes.

<https://www.facebook.com/cantoncenterchiropractic/>

We will be closed, Good Friday, April 10th Closed Saturday, April 11th.

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 an 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

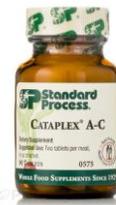
NIA Classes

Nia classes are break right now, but when they return join Jennifer Desiderio's Nia Classes on Mondays 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

Due to Covid-19 yoga is on hold right now, but when it returns join us on Wednesdays 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 supplements this month are **Cataplex A-C and Cataplex A-C-P by Standard Process**. Cataplex A-C is a combination of Cataplex A (Vitamin A) and Cataplex C (Vitamin C) which is intended to build general immune support in patients. Cataplex A-C-P is similar to Cataplex A-C except that it also contains Cyruta which makes it a great choice for fevers, inflammation, congestion, etc.



The Essential Oil of the month is Lemon Myrtle.

Lemon Myrtle's primary uses are for antibacterial, antifungal, and calming. Diffuse Lemon Myrtle to give a elevating and refreshing in any room. Here in the office, Lemon Myrtle with Lavender is our favorite during this time.

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