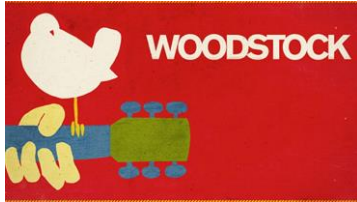




Canton Center Chiropractic Clinic TRIBUNE

August 2020
6231 N. Canton Center Rd, #109
Canton, MI 48187
(734) 455-6767
cantoncenterchiropractic.com
Like us on Facebook



It's Woodstock Week!

It's Dr. Potter's favorite time of year, Woodstock Week! From August 17th to the 22nd come check out the groovy staff, and far out memorabilia to celebrate the anniversary of the 3 days of peace, love, music, and of course the cultural touchstone of Woodstock.



Announcement!

As a reminder, when Dr. Potter goes on vacation we strongly recommend that his patients schedule his appointments ahead of time for when he returns. Dr. Potter's schedule fills **quickly!**

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.



Stress, Anxiety, and Depression

Join Dr. D **Thursday, August 13th at 7:15 pm** to learn the seven signs of depression and what can be done to help naturally! We will also be discussing Covid-19.



Are You Ready for the Cold and Flu Season?

For those who missed the last workshop now is the time to get ready. Don't wait, come learn what you need to enhance your immune function during these difficult times. Join Dr. D **Thursday, July 23rd at 7:15pm**, and educate yourself on how to best defend yourself before the fall comes! (We will also be discussing Covid-19).

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 Monday Night Meditation

Join MJ for an evening of Meditation **Monday, August 10th 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.



Our Team is Growing!

We have a new staff member joining our team! Feel free to introduce yourself and say hello to Michelle the next time you are in the office!

Office Hours

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

Dr. Potter will be out of the office starting August 31st and will return September 8th.

We will be closed Monday, September 7th for Labor Day.

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

www.cantoncenterchiropractic.com



Still plenty of sunshine and fun summer days in August. However, it is the time of year that people begin thinking **Back to School.** Be sure to stock up on supplies for college bound students, scoliosis screens for younger students and be sure your athletes are ready for sports activities. Enjoy the rest of your summer!!

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.

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 when they return 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

When Yoga 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 supplement this month is **Mo-Zyme Forte** by *Biotics Research!* During this time chemicals are everywhere! Of course, we are not only referring to disinfectant sprays, hand sanitizers, or chemicals in masks, we are also referring to automobile exhaust, smoke, perfume, or even synthetic odor. Mo-Zyme Forte's main ingredient is Molybdenum, an essential trace element. Molybdenum is for virtually all life forms. It functions as a cofactor number of enzymes that catalyze important chemical transformations in the global carbon, nitrogen, and sulfur cycles.

The Essential Oil of the Month is Peace and Calming.

Peace & Calming is a gentle, sweet blend of Ylang Ylang, Orange, Tangerine, Patchouli, and Blue Tansy and is one of Young Living's most popular essential oil blends. With a calming, sweet aroma, this blend is one you will love using during your children's bedtime and for yourself after the house has settled down. Use it as an aromatic or topically. Make sure you ask the girls at the front desk for a sample sniff!

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