



Canton Center Chiropractic Clinic TRIBUNE

December 2021
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cantoncenterchiropractic.com
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From the Canton Center Chiropractic Family!

Wishing you all good health and good cheer this holiday season. May you and your families prosper in the new year and continue to make happy memories.



Operation: Holiday for Heroes

During this holiday season, we want to give back to the brave men and women who served us and their country. We will still be collecting donation items for the *John D. Dingell VA Medical Center* in Detroit until Dec. 23rd. They are in need of board games, craft supplies, journals, writing utensils, note pads, new playing cards, and much more. Please see the front desk for a full list of items.



Black Friday is Here!

Join us any time from November 26th till December 3rd to take advantage of our black Friday sale! We have sales on all Be Naturals and Joshua Tree skin care products, as well as select vitamin supplements and Young Living Products. Get yours while supplies last!

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.

****please note, the office will be closed every 3rd Tuesday of the month from 1pm-3pm for our staff meeting**

Holiday Hours

The office will be closed December 24th and 25th for Christmas. We will also be open from 9am to 1 pm on December 31st, and closed on January 1st.

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

www.cantoncenterchiropractic.com

Take Time for Monday Night Meditation

Join MJ on **December 20th at 7:15** for an evening of Meditation 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.

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.



Handling Holiday Stress

Are the holidays stressing you out? Join Dr. Danielle Potter on **Dec 14th at 6:15pm** to learn some fun tips and tricks to battle the holiday blues.

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.

Massage Therapy & Energy Healing

Unfortunately, we do not currently have a massage therapist in the office. We will update you as soon as possible.

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.



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

Monthly Funnies



NIA Classes

Join Jennifer Desiderio's Zoom 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

Yoga is on hold currently but when it returns, join us on Wednesday from 7-8pm. 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



Nutrition of the Month



Don't let the Holiday "Spirits" keep you down! Kick your hangovers to the curb with **Anti-Alcohol Complex by Life Extension**. This product supports natural alcohol metabolism and protects against liver toxicity commonly associated with alcohol consumption. **Caution:** This product does not prevent, reduce or modify any of the mental impairment effects that alcohol induces.



Our essential oil of the month is Christmas Spirit. This oil blend contains orange, cinnamon bark, and spruce, which activate sense memories that allow you to find the joys of the holiday season all year round. In addition to the emotional benefits, it may also aid in soothing your respiratory system.

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

