



Canton Center Chiropractic Clinic TRIBUNE

February 2022
6231 N. Canton Center Rd, #109
Canton, MI 48187
(734) 455-6767
cantoncenterchiropractic.com
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We are sad to announce that MJ Potter, Reiki Master, is retiring. She has been in our office as not only the Reiki Master, but also as the Office Manager for over 23 years. Not to mention supporting Dr. Potter through chiropractic school! We will miss her dearly and wish her well on her journeys ahead!

MARY

Introducing: Mary Kliczinski!

You may have already met Mary at the front desk. However, soon she will be taking over our Reiki and Massage Therapy appointments! We do not have a date of when this will exactly take place but please feel free to introduce yourself and stay tuned for updates!

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.



RESCHEDULED! Digestive Disorders: New Year, New Tract

Join Dr. D on Tuesday, *February 8th at 6:15pm* to learn about common digestive issues and what to do about them.

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.



Heart and Vascular Screening Event

Know Your Health Now is back in the office on Tuesday, March 8th. They are offering screenings for the following: Cardiac Ultrasound, EKG, Abdominal Aortic Ultrasound, ABI, Carotid Duplex for stroke potential and more. Pre-registration is required. Go to knowyourhealthnow.com to schedule an appointment.



The Wellness Extravaganza is Back!

Unfortunately, due to Covid-19 we had to put a hold on our events. However, we will be bringing the Wellness Extravaganza back this year! Join us *Saturday, March 12th from 12-3pm* for an afternoon filled with demonstrations and information on Nutrition, Chiropractic, Reiki, Raffles, *and so much more*. Bring in your donation for our food drive and receive 2 extra raffle tickets for every 5 items you donate! Everyone is welcome and admission is free!



Client Choice Food Pantry Drive!

Kicking off at our Wellness Extravaganza we will be collection non-perishable food items and personal care items for Redford Interfaith Relief's Client Choice Food Pantry! For every 2 donations you bring to the extravaganza you will receive 1 extra raffle ticket to win a variety of prizes brought in by our vendors.

Donations may include any non-perishable food item and personal care item including but not limited to soaps, dental hygiene products, laundry items, and so much more! Forget to bring your donations to the extravaganza? No worries! We will be running this drive up until March 31st!



Take Time for Tuesday Night Meditation

Join Mary for an evening of Meditation **Tuesday, February 22nd at 6:15pm**, 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 and Wednesday 10am-6p, Thursday 10am-7pm, Friday 9am-5:30pm, and Saturday 9am-12pm.

Dr. Potter will be out on vacation starting February 7th and he will return March 29th!

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

www.cantoncenterchiropractic.com

Massage Therapy & Energy Healing

With MJ retiring Mary will be taking over the energy healing part of our office starting with Reiki! Reiki appointments will still be on Mondays and Thursdays. Mary will also be our massage therapist, stay tuned for that. Mary also hopes to bring Polarity to the office soon!

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 now on Tuesdays at 6pm and Wednesdays at 10am! Join Jennifer Desiderio's 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 still on hold for 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 supplement this month is **Cardio Plus from Standard Process**. It provides nutritional support to optimize the efficiency of the heart. It contains bovine heart PMG extract, naturally occurring Coenzyme Q10, plus all of its necessary cofactors; vitamin B and E complexes. These nutrients support healthy functioning of the heart muscle. Other heart healthy supplements include **Cataplex B, Vasculin, and Hawthorn**. Be good to your heart! Check in with your doctor to learn how to prevent heart disease.



The Essential Oil of the Month is JOY. When inhaled, it brings back memories of being loved, being held, sharing, loving times. This blend has uplifting overtones that creates magnetic energy and brings joy to the heart.

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