



Canton Center Chiropractic Clinic
TRIBUNE

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



Mark your Calendars, it's time for the Wellness Extravaganza!

Join us *Saturday, March 21st* from 12-3pm for an afternoon filled with demonstrations and information on Nutrition, Chiropractic Care, Massage, Reiki, Reflexology, Raffles, *and so much more.* Bring in your donation for our food drive and receive 3 extra raffle tickets for every 5 items you donate! Everyone is welcome and admission is free. Register at the front desk!



Have a Heart, Love Your Community!

We are still collecting donations for Gleaners Food Bank! They are in need of canned fruits and vegetables, peanut butter, healthy cereal/oatmeal, soups, pasta, beans, baking mixes, baby necessities such as: food, formula, and diapers, and even personal care items. Bring in your donations before March 31st!

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.

Sleep Disorders

Why aren't you sleeping? Join Dr. D **Thursday, March 12th at 7:00 pm**, and find out what's keeping you from getting a good night sleep and how sleep habits, sleep aids, and pillows can affect your sleep.

Oils for Hormones

Join Dr. D **Thursday, March 14th at 7:00 pm**, to learn how essential oils can affect your hormones.

Air Quality and Testing

Join us **Monday, March 23rd at 7:00 pm**, to learn how your air quality can affect you!

Into 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. **Monday, March 23rd at 7:00 pm.**

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.

Aura Photography and Iridology with Susan Lewis and Jack Lewis, N.D.

Available on Saturday, March 21st before and during the Extravaganza. Contact Susan or Dr. Jack Lewis at (989)600-1445 for appointment times and fee information.



Reminder

*Day light savings time is Sunday, March 8th, so don't forget to spring forward one hour. Make sure you check your fire extinguishers and change the batteries in your smoke detectors!

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.

Dr. Potter will be out of the office until March 18th!

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

www.cantoncenterchiropractic.com

Take Time for Tuesday Night Meditation

Join MJ, for an evening of **Meditation Tuesday, March 24th 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.

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 on hold until further notice, but when they return 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

Join us on Wednesday from 6:30-7:30p.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.

Guess Who's Back?

After two and a half LONG years **Great Lakes Allergies Spray**, by King Bio is officially back in stock making it our supplement of the month! Great Lakes Allergies is a homeopathic used to support a healthy, balanced immune system as well as prevent and correct allergy symptoms including; headaches, nasal and sinus congestion, eye irritations, sneezing, cough, and other symptoms of allergies. What makes this product so special is that it directed towards the allergies of the mid-western region, meaning its for OUR trees, grass, pollen, molds, etc. Great Lakes Allergies of the most complete allergy correction available today!



The Essential Oil of the month is Peppermint.

Did you know that Peppermint is originally from Europe? Even though this is true, 75% of the world's supply is grown in the United States! Peppermint essential oil has an invigorating aroma that can help create a focused environment when diffused and can create a cooling sensation when applied, especially after physical therapy.

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

