



# Canton Center Chiropractic Clinic TRIBUNE

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



## **Thank You!**

We are forever grateful for the ultimate sacrifice of those who died for us. May their courage and dedication never be forgotten.

*~Dr. Potter and Staff*



## **May the Fourth be with You...**

Spending too much time on the **DARK SIDE?** You are in need of some Vitamin D! During the month of May enjoy 10% off the *Vitamin D3 Liquid* by *Metagenics*, while supplies last!



## **Happy Mother's Day!**

Sunday, May 10<sup>th</sup> to all of the amazing, hardworking, loving, strong, selfless Moms out there. Have a wonderful day!

*~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.



## **\*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, **Monday May 11<sup>th</sup> at 7:15 pm.** for this informative evening learning about chakras and how you can balance them.

**Due to the Executive Order given by Governor Whitmer unfortunately we must postpone all workshops. Once it is lifted, we will be scheduling all other workshops so check out Facebook or call us for more information.**

When they return all 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 Tuesday Night Meditation**

There is no Meditation right now but when it returns join MJ 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.

## **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 Covid-19 our temporary office hours are...**

*Monday, Tuesday, Wednesday, and Friday: 10:30am-4:30pm.*

*Thursday: 11:30am-5:30pm.*

*Saturday: 9am-12pm.*

**We will be closed Monday May 25<sup>th</sup> in observance of Memorial Day.**

**Dr. Potter will be out of the office Starting May 14<sup>th</sup> and will return May 18<sup>th</sup>.**

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

[www.cantoncenterchiropractic.com](http://www.cantoncenterchiropractic.com)



### **Plant the Seed of Wellness**

During the month of May, pick up a complimentary seed packet from the front desk. Share the gift of health and pass along the attached coupon for a *No Charge phone consult for a new patient*. Help someone you know discover their optimal wellness this spring!

### **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](http://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](mailto:www.elarozalski@yahoo.com)

or

[www.michiganreflexology.com](http://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](mailto:thermographyfirst@comcast.net)

### **NIA Cla.sses**

**NIA classes are on hold 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](http://www.nianow.com)

### **Yoga**

**Due to Covid-19 Yoga classes are on hold but when they return** 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 **D3 Liquid** by **Metagenics**. It is determined that 80% of Americans are Vitamin D deficient. D3 Liquid by Metagenics is a natural dietary supplement that contains cholecalciferol vitamin D3 to help support your overall immunity and bone strength as well as support optimal overall health as. Unlike our other Vitamin D liquids we carry, this Vitamin D is minty! Enjoy 10% off throughout the month of May!

**The Essential Oil of the month is Lavender.**

Dealing with lightsaber burns? Lavender may help cleanse and soothe skin irritations. Outside lightsaber burns, lavender essential oil has a scent that is a wonderful blend of fresh, floral, clean, and calm. As one of our most popular products, Lavender is a great beginner oil and a must for every home. Lavender essential oil is not just a favorite because of its classic scent—it is also highly versatile. From skin care products to relaxing routines, this oil can infuse and enhance many areas of your life.

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

