



Canton Center Chiropractic Clinic TRIBUNE

November 2021
6231 N. Canton Center Rd, #109
Canton, MI 48187
(734) 455-6767
cantoncenterchiropractic.com
Like us on Facebook



Happy Thanksgiving!

As we approach the end of the fall season, it's important to take time to be thankful for all the good things we have in our lives. We gather on this day to be thankful for what we have, for the family we love, the friends we cherish, and for the blessings that will come. Happy Thanksgiving!

Special Announcements

We would like to officially welcome Mary and Loreen to our Canton Center Chiropractic family! Please introduce yourselves as you see them training at the front desk.

Make sure you stop by on **Nov. 26th for our Black Friday sale!** Get 10% off all Joshua Tree and Be Naturals products, and 10%-30% off select Young Living oils. These products make delightful stocking stuffers for family and friends.

We are now on new social media platforms! follow or subscribe to see how we help our patients, their families, and our community.

Facebook:

@cantoncenterchiropractic

Instagram:

@cantoncenterchiropractic

Snapchat: @cantonctrchiro1

Dr. D's 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.

The Scoop on Poop

Your poop is trying to tell you something! Do you want to know what? Join Dr. D on **Tuesday, Nov. 9th at 6:15pm**, and explore your digestive tract and what it means for your health.

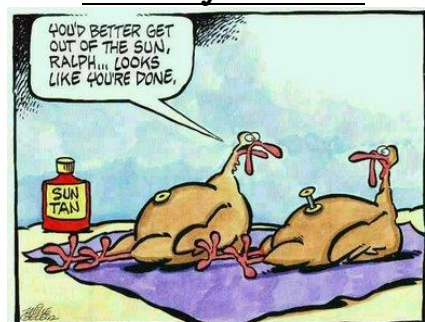


Eating Healthy on the Holidays

Do your dietary restrictions take the fun out of your holiday meals? Join Dr. D on **Tuesday, Nov. 16th at 6:15pm**, to pick up tips to enjoy the holiday feast in a fun and healthy way!

As always, guests are welcome. All in-house workshops are held at the office, there is **NO CHARGE**, and they are open to patients and non-patients alike. Sign up is available at the Front Desk.

Monthly Funnies



Operation: Holiday for Heroes

During this holiday season, give back to the brave men and women who served us and their country. We will be collecting donation items for the *John D. Dingell VA Medical Center* in Detroit starting Nov. 1st all the way up to Dec. 23rd. They need 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.

Ladies' Night

Unfortunately, due to Covid-19 we still are unable to put on our annual Ladies' Night. If you would like to order anything from our previous vendors, please feel free to contact them!

Jeff Zyck – Cutco:

(248) 275-1767

Jeff – Vinter's Canton Winery:

(734) 787-3550

Felicia Haggerty – Solid Rock Jewelers:

(734) 404-6484

Colleen Donakowski – Color Street Nails:

(734) 237-8102

colorstreet.com/colleend

Latricia Wright – Olive Seed:

(313) 757-0993

Kimberly Kelsey – Norwex:

(734) 771-1464

Alivia Arabo – Blankets

(248) 321-1208

Roben Barker – Tote Bags:

(734) 277-5113

Kelly Reed – Thirty-One:

(734) 765-9993

Brittany McAra – Usborne

Books: (734) 325-8385

Tammy Jones - Wonderland
Cookies: (734) 434-1287

Deborah Chartrand –
Debbie's Keto Goodies and
Treats: (734) 891-2802

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 be Advised: The 3rd
Tuesday of every month we
will closed from 1pm to 3pm
for our monthly staff meeting.

**Please note Dr. Gregory
will be out of the office on
Nov. 13, 26, and 27.**

Holiday Hours: Closed
Nov. 25th for Thanksgiving
Open 11am-4pm on Nov. 26th

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

www.cantoncenterchiropractic.com

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. Call the office at
734-455-6767.

Yoga

**Yoga is on hold 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.



Take Time for Monday Night Meditation

Join MJ on **Monday, Nov.
15 at 7:15pm** for an
evening of Meditation.

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 want to begin
meditating, everyone is
welcome.

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 back
via Zoom!** *Nia classes are
now on Monday at 10am.*

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 To
register, go to
www.niadance.weebly.com
or e-mail Jennifer Desiderio
at inner_dancer@yahoo.com



Our Supplement of the Month is HCL Complete by Zorex.

Need help digesting
those holiday feasts? HCL
Complete can help! A
proprietary blend of betaine
hydrochloride, ammonium
chloride, pepsin, and apple
cider vinegar, this product
aids in digestion and so
much more!



Our Essential Oil of the Month is R.C.

R.C. oil is a blend of
Spruce, Cypress, and
Eucalyptus oils that cools,
soothes, and opens the
airways while also helping
to fight infections. This
blend is also commonly
used for asthma, to reduce
snoring, calm nerves, and
help with bronchitis,
sinusitis, and pneumonia.
R.C. is a great blend to
diffuse during winter or
colder, rainy months.

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