



# Canton Center Chiropractic Clinic TRIBUNE

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



## Happy Fall and Happy Halloween!

Enjoy the changing colors of the trees as we welcome in the fall season. Get your fill of pumpkin spice and apple cider while it lasts and don your finest costumes for trick or treating!



## Canton Center Chiropractic Clinic's 3rd Annual Costume Contest!

Make sure to come in anytime starting October 1<sup>st</sup>, take a picture with Artie the skeleton in your BEST Halloween costume, and post it on our Facebook page! The costume with the most likes and or comments wins. We have plenty of prizes to give out, so get your entries in before October 31<sup>st</sup>. The winner will be announced November 1<sup>st</sup>!

## Special announcements

Congratulations to Emily on her new job! She will be dearly missed but we wish her well on her future endeavors.

Stephanie will now be handling insurance for the office, Kayla is stepping up to oversee the office girls, and Michelle is now in charge of writing the tribune. Congratulations on the promotion girls!

## This Month's Class: Stay on Top of Being Under the Weather

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.

This month, join Dr. Danielle Potter on **October 12<sup>th</sup> at 6:15 PM** as we explore the many natural ways to boost your immune system and get prepared for Cold and Flu season.

She will review which supplements will help strengthen your immune system and what you can do if you are trying to get over a bug.

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 or over the phone.



## Reiki I Class

Join MJ **Saturday, October 9<sup>th</sup> from 12-5pm to learn Reiki I!**

Reiki I covers the history of Reiki, the self-treatment/ hand positions, working with energy and attunement.

**Reiki II will be Sunday, October 10<sup>th</sup> from 1-6pm.**

Reiki II covers symbols, hand positions for treating others and long-distance healing. Cost: \$100.00, Contact MJ Potter for more information.

## Take Time for Monday Night Meditation

Join MJ for a relaxing evening of **Meditation**. Learn techniques to help you focus and relax at home. Work on your breathing in a quiet, soothing environment and take a break from your hectic lives. Whether you are a meditation veteran or you are interested in trying something new, 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.

Be aware that Dr. Gregory will be out of the office on October 1<sup>st</sup> and 2<sup>nd</sup> this month.

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

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

## Massage Therapy & Energy Healing

**Unfortunately**, we do not 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](mailto: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.

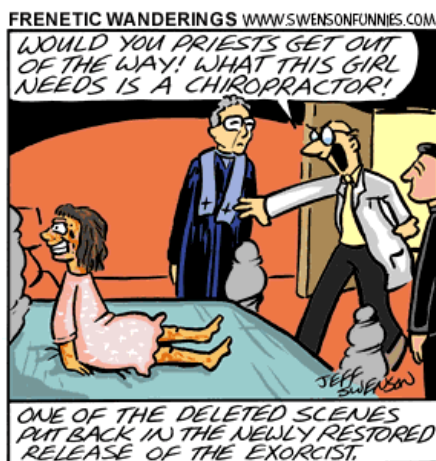
*Drop-Ins Welcome! Minimal fee of \$10.00 a class!*

[www.nianow.com](http://www.nianow.com) To register, go to [www.niadance.weebly.com](http://www.niadance.weebly.com) or e-mail Jennifer Desiderio at [inner\\_dancer@yahoo.com](mailto:inner_dancer@yahoo.com)

## 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.

## Monthly Funnies



## Nutrition of the Month

In honor of breast cancer awareness month, the featured supplement this month is **Mammary PMG from Standard Process**.

This product is made from proteins and minerals to support breast health. If you are experiencing breast tenderness, pain, lumps, cysts, or have difficulty lactating, ask your doctor if Mammary PMG is right for you.



## **The Essential Oil of the Month is Frankincense.**

Frankincense oil may relieve stress, sadness, increase spiritual awareness, uplift the spirit, and is known to improve memory. It can stimulate immune function, decreases signs of wrinkles, age spots, and inflammation caused from acne and boils. Come in the office and learn more about the many uses of this ancient healing essential oil.

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

