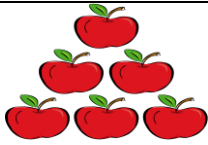




# Canton Center Chiropractic Clinic TRIBUNE

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



## **An Apple a Day...IS BACK!**

Our Healthy Choices event for September is all about apples! Join us on Monday, September 23rd for samples of a variety of apples, as well as fresh cider. Also, help yourself to information on the healthy benefits of fruit, and learn why you should eat an apple a day! Samples and information will be available all day in the lobby, so make your appointment anytime or just stop by!

## **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.



## **Back to School: Learning Disabilities**

Do you know someone young or old that suffers from ADD, Autism, anxiety or any other learning disabilities? What about teachers, principals or

parents that deal with children that have disabilities? Join Dr. D *Thursday, September 10<sup>th</sup> at 7:15 pm*, to discuss Holistic options for these diseases.



## **Are You Ready for the Cold and Flu Season?**

For those who missed the last workshop now is the time to get ready. Don't wait, come learn what you need to enhance your immune function during these difficult times.

Join Dr. D **Thursday, September 24<sup>th</sup> at 7:15pm**, and educate yourself on how to best defend yourself before the fall comes! (We will also be discussing Covid-19).

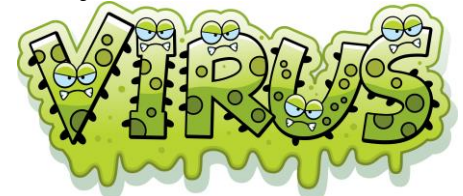
As always, guests are welcome, and all workshops will be held in house. Also, all in-house workshops are at NO CHARGE, and sign up is available at the Front Desk.

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## **Take Time for Monday Night Meditation**

Join MJ for an evening of Meditation, **Monday, September 21<sup>st</sup> 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.



## **Looking for Ways to Strengthen Your Immune System?**

Our Doctors recommend...

- Vitamin D
- Vitamin C
- Vitamin A
- Zinc
- Immuplex
- Bio-Immuzyme

And so much more! Feel free to call and discuss which options would be best for you!

## **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.

**We will be closed Monday, September 7<sup>th</sup> for Labor Day and will reopen Tuesday, September 8<sup>th</sup> at 3pm!**

**Dr. Potter will be out of the office starting August 31<sup>st</sup> and will return September 14!**

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**

**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 and appointment at: 734-756-0844.

## **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 on hold right now** but when it returns 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**

**Yoga is on break right 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 **Immuplex**, by **Standard Process!** Looking for some immune support during these uncertain times? Immuplex helps maintain normal white blood cell activity that is already within a normal range. Use Immuplex to help build up your immune system and switch to Congaplex at the first sign of a cold! If you require a vegetarian option, feel free to ask your doctor about our similar products.



### **Essential Oil of the Month**

The featured oil this month is **Thieves**. This popular blend is used to support a healthy immune system in the body and in household products to keep your home clean. Make sure you come and check out all the different Thieves products we carry in our office!

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

