



Canton Center Chiropractic Clinic
TRIBUNE

September 2021
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 cantoncenterchiropractic.com
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Back to School!

School is soon to be in session and a new season to follow. This is a reminder that with the changes we anticipate the cold and flu. Be sure to check out our workshops for tips on building the immune system. Be proactive in preventing illness!! Stay well this fall!



Heart and Vascular Screening Event

Know Your Health Now is back in the office on Wednesday, June 16th. They are offering screenings for the following: Cardiac Ultrasound, EKG, Abdominal Aortic Ultrasound, ABI, Carotid Duplex for stroke potential and more. Pre-registration is required. Call the office to schedule a time!



Reiki I Class

Join MJ **Saturday, October 9th from 12-5pm** to learn Reiki! Reiki I covers the history of Reiki, the self treatment/ hand positions, working with energy and attunement. Cost: \$100.00, Contact MJ Potter for more information.



It's Vacation Time!

Dr. Potter is still out of the office. He will be back **Wednesday, September 8th**. Make sure you set up your appointment for when he returns as he will fill up very quickly! **Dr. Potter will also be out of the office starting September 27th and will return Monday, October 4th**. While he is gone, Dr. Potter is encouraging his patients to see any of his associates if needed.



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 REALITY 2021

Join Dr. Danielle Potter, D.C. **Tuesday, September 14th at 6:15pm**, for her first workshop since pre-covid! Dr. D will be discussing techniques to deal with stress and enhancing the immune system as we go back to work and school.

As always, all guests are welcome, and 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

Join MJ for an evening of Meditation **Monday, September 13th 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!

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.

Dr. Potter is still out of the office, he will return Wednesday, September 8th!

Dr. Potter will be out of the office again starting September 27th and will return Monday, October 4th.

We will be closed, Monday September 6th for Labor Day.

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 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

NIA Classes

NIA classes are back via Zoom! *Nia classes are now on Tuesdays at 6pm and Wednesdays 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

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.

Nutrition of the Month

The featured supplements this month are our immune boosting products!

Imu-Max by Ortho Molecular Products. Imu-Max is a children's formula that boosts immune function and provides support for immune challenges, perfect for back to school time. It contains

echinacea and propolis which helps maintain normal inflammatory balance. Imu-Max can be taken with water, milk, or any beverage of your choice!

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!

These are NOT all our Immune products but two of the most popular. Ask your doctor which is right for you!



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 or oils in order to make sure each vitamin is needed for the individual.