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<p>Important Dates:</p> <p>Mar 4 Positive Attitude Workshop</p> <p>Mar 10 Wellness Extravaganza</p> <p>Mar 16 Women's Weight Loss Workshop</p> <p>Mar 17 Digestive Disorders Workshop</p> <p>Mar 20 Breast Cancer Prevention Workshop</p> <p>Mar 24 Blood Sugar Management Workshop</p> <p>April 1 Digestive Issues Luncheon</p> <p>Complimentary Massage</p> <p>LaVida Massage is currently visiting our office every Monday in March from 9-12p.m., for a complimentary 5-10 minute massage. So book your appointment for your adjustment today and take advantage of this special offer.</p>	<p>BIG HAPPENINGS</p> <p>So many things happening here at Canton Center Chiropractic Clinic!</p> <p>Welcome Back to Dr. Angela Lawrence, D.C. She will be taking appointments starting Tuesday, March 9th. Her hours will be Tuesday, Thursday, and Saturdays.</p> <p>Welcome to Dr. Denise Acton, N.D. to our family. You may recognize her from our Heart Meridian Test Assessment. In addition to heart testing, she will be using NRT to assess nutritional needs. She is currently taking appointments. Her office hours will be Monday, Tuesday, Thursday, & Friday from 9-1 and 3-6, Wednesday from 9-1, and every other Saturday from 10-1.</p> <p>Upcoming Workshops</p> <p>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.</p> <p>Thursday, March 4th from 7:15-8:30p.m., come join Tom Borg for a new workshop: "How to Keep a Positive Attitude in a Sometimes Negative World" It is becoming more and more difficult to stay positive in today's world. Begin learning how to trump the concerns of today's growing anxieties. Learn techniques to bring optimism in your life. This will be a powerful, up beat and laugh filled workshop.</p> <p>Wed., March 10th from 6-8p.m. Canton Center Chiropractic Clinic is proud to host our second "Wellness Extravaganza" sponsored by our friends at Better Health located in Plymouth. Join us for a night of demonstrations and information from local vendors that are associated with your health and wellness. We will be having refreshments, drawings, and prizes. Everyone is welcome. Call the office to register.</p> <p>Tues., March 16th Dr. Denise Acton, N.D. will be presenting a new workshop, "Women's Weight Loss" from 4:30-5:30p.m. Learn how to lose excess fat and maintain a healthy weight. Receive a "goodie bag" with healthy recipes. Learn the secrets to success. Pre-Registration is required.</p> <p>Wed., March 17th from 7-8:15p.m., Dr. Hicks will be presenting a new workshop on Digestive Disorders. Learn how to get a strong digestive system and resolve digestive issues; reap the benefits of having more energy!</p> <p>Sat. March 20th from 12-1:15 p.m., Dr. Denise Acton will have another new workshop on Breast Cancer Prevention. Breast cancer incidence in woman has increased from 1 in 20 in 1960, to 1 in 8 today. Learn about proper nutrition and what you can do to reduce your risk. Healthy snacks will be provided. Pre-register. Seating is limited.</p> <p>Join Dr. Hicks for his new Blood Sugar Management Workshop on Wed., March 24th from 7-8:15p.m. Learn how to control sweet and carb cravings, plus how to keep your blood sugar in the low stress zone. Learn how to manage our bodies fuel pump and fuel injection systems. If you would like to reduce the stress on your brain and nervous system, reduce your level of pain and inflammation, this class is a definite for you. You will learn how to get more energy while</p>
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NIA CLASSES

Still a chance to join Jennifer Desiderio's Nia Classes on Monday's starting March 8th thru April 26th. 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 \$6.00 a class!

Reminder

Day light savings time is Sunday, March 14th, so don't forget to spring forward one hour.

Tai Chi Classes

We are continuing to offer Tai Chi Classes. Classes will be held each Thursday from 6-7pm. Classes are \$5 each with senior rates available. Sign-up is available at the front desk

Note: No Tai Chi class on March 18th.

Looking Ahead

Come join Dr. Potter and Dr. Hicks for a light lunch as they discuss Digestive Issues. Registration is necessary. April 1st from 1-2:30pm

we detail an effective method of weight control.

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 required at the Front Desk.

Additional workshops will be presented through the Plymouth-Canton Community Education Program for Adults. The charge for each workshop is \$12 and these will be available at the Plymouth-Canton Educational Park (High School). Please contact the Community Education program at (734) 416-2937 for further details.

Office Hours

Regular office hours are Monday, Wednesday, and Friday, from 9am-7pm., Tuesday and Thursday from 10am-7pm, Saturday from 10am – 1pm.

Dr. Potter OUT: March 1st- 6th

Dr. Hicks OUT: March 11th-16th

Further changes will be posted at the Front Desk.

Massage Therapy & Energy Healing

Steven Porritt will be taking appointments Tuesday through Friday. To book an appointment, you should contact him directly at (734)377-6843.

Jennifer Webb, our Natural Health Practitioner is offering a holistic approach to "Health and Well Being". Providing-Ear Coning, Auricular (Ear)Acupuncture, and "Whole Body" Energy Balancing. To schedule an appointment Call Jennifer @ (734)635-1600

Kim Bailey, healing art practitioner, offers healing through Spiritual Art therapy, Reiki, and other means. To schedule an appointment, you may call Kim directly at (810) 923-0367.

Weight Loss Challenge

The weight loss challenge jumped off to a roaring success the first week. Together the groups' lost a whopping 142lbs. so far. Lose weight, win money, and gain support. Being a "Loser" can be a good thing. For more information call (734) 667-2004.

Nutrition of the Month

The featured supplement this month is Gymnema. Gymnema is from our MediHerb selection which supports healthy pancreatic function and the normal production of insulin in the body by helping to maintain normal blood sugar levels. It can help support weight management, balance energy levels, and lesson sweet cravings. Good quality Gymnema is defined by the levels of its active ingredients, the gymnemic acids. Additionally, Gymnema may help to maintain healthy cholesterol and triglyceride levels within a normal range. When needed, use Gymnema dosed at 2 tabs. 3x/day to help stop sweet and carb cravings (works within 1-2 weeks 95% of the time). Once the sweet/carb cravings are under control, you can gradually reduce the Gymnema dosage.

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