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## Important Dates:

### 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.

Wednesday, Dec. 9th from 7:15-8:15p.m. "Eating Healthy for the Holidays", presented by Dr. Gregory Hicks. This workshop will conclude our Healthy Choice events for the month. Get information on how to eat healthy all year round, as well as "tempting" holiday time. Find out which foods are the worst and which the best are. Join us all day in the office for information of healthy holiday foods and gather some quick tips on how to avoid overeating at parties.

Thursday, Dec. 17th from 7:00p.m.-8:15p.m. Fun With Energy presented by Steven Porritt, Massage Therapist and Energy Healer. Join Steven as he leads you on a journey of discovery. Immerse yourself in higher vibrations as you explore the power of your mind. If you have attended any of Steven's previous classes, this is a great refresher opportunity. For all others, come enjoy an "energizing" evening.

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.

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.

### Check Your Heart!

Introducing an adjunct to your Health and Wellness. On Tues. Dec. 8th and Wed., Dec. 16th, we are offering Meridian Test Heart Assessment. The test is performed and evaluated by Dr. Denise Acton, Naturopathic Doctor. The heart assessment test is a FDA approved machine that measures 7 conditions of the heart and arteries. The charge is \$40.00 for this low cost testing. Prevention could save your life! Please call the office for special instructions and sign up for appointment times.

### Healthy Rest Day

Are you tired of not sleeping? Is anxiety keeping you up at night and run-down all day? Join us in the office on Friday, Dec. 18th for Healthy Rest Day. As part of our in-house educational promotions, learn about various types of sleep disorders and how to correct them. Information will be available in the reception area all day. Be sure to ask your doctor about proper pillow support. Call ahead for the best time to see one of the doctors.

### Office Hours

**Regular office hours are Monday, Wednesday, and Friday,**

Nov 4 Healing Hearts with Art

Nov 5 Inspired to be Healthy

Nov 7 Dr. B out of the office

Nov 11 Healing Hearts with Art

Nov 12 Wheat Free Recipe Exchange

Nov 17 Advanced Screening

Nov 18 Healing Hearts with Art

Nov 19 Inspired to be Healthy

Nov 26 Office Closed: Happy Thanksgiving

Nov 27 Open 9-5 only

Dec 2 Healing Hearts with Art

Dec 3 Inspired to be Healthy

Dec 17 Inspired to be Healthy

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

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**Dr. Hicks OUT: Friday, Dec. 4th and Sat., Dec. 5th**

**Dr. Potter OUT: Thurs., Fri., and Sat., Dec. 10th, 11th, and 12th**

**Dr. Lawrence IN: Saturday, Dec. 5th, and Thurs., Fri., and Sat., Dec. 10th, 11th, and 12th**

**Dr. Potter EXTENDED HOURS: Sat. Dec. 19th 10-12**

**OFFICE CLOSED: Fri., Dec. 25th, Sat. Dec. 26th, Fri, Jan. 1st, Sat., Jan. 2nd**

**The Office will be open 9a.m.-1p.m. ONLY: Thur., Dec. 24th and Thur., Dec. 31st**

**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.

## Tai Chi Classes

We are continuing to offer Tai Chi Classes. Classes are open to beginners and intermediates, as well as every age group. 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, or call to have your name put on the list.

## NEED A STOCKING STUFFER?

How about a gift they can really use! We now have Holiday Gift Certificates available in any amount. Buy them a certificate that is useable for an adjustment, products, or for vitamins. Give the gift of health! Also, don't forget Steven Porritt and Kim Bailey, our healing practitioners offer gift certificates.

## Nutrition of the Month

The featured supplement this month is Min-Chex. This is one of our three primary tranquilizing products. The other two are Min-Tran and Orchex. Here is the difference between the three. Min-Tran is half Calcium Lactate tablets and half Pacific sea kelp. Remember that Calcium

Dr. Brockenshire  
OUT:  
Sat., Nov. 7th

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Thur., Nov. 26th for  
Thanksgiving  
Fri., Nov. 27th (Open  
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Lactate contains some magnesium citrate. Orchex is half Niacinamide-B6 and half aqueous orchic extract. If you put Min-Tran and Orchex together, you have Min-Chex. So Min-Chex contains calcium, magnesium, kelp, orchic extract and Niacinamide B6. These products are great for the person who is nervous and cannot relax. It's also effective for helping people with muscle spasms and cramps. It can also help with the stresses that come with the holidays.

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

## HOLIDAY MESSAGE

Season's Greetings to you...

It truly is a wonderful time of year! As the holidays approach, we take the time to celebrate with family, count the blessings received, and be grateful for health and wellness. It has been our goal to help you better help yourself. We thank you for allowing us to be part of your Health Care Team.

In addition, so many of you have shared the gift of health by referring others to our clinic. Thank you for allowing us to help your family and friends. We appreciate the opportunity to be of support to the community's optimal wellness.

As we reflect on the past year, there is so much to be grateful for. All of us at Canton Center Chiropractic Clinic feel you have enriched our lives. We send our best wishes for a very Merry Christmas and a Happy, Healthy New Year!

- Dr. Potter & Staff

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