

TOTAL X HEALTH SYSTEMS

Multi-Specialty Clinic

Chiropractic • Medical • Physical Therapy • Massage Therapy • Nutrition

Clinton Township • (586) 228-0270 ♦ Chesterfield • (586) 949-0123 ♦ Eastpointe • (586) 772-7770
www.TotalHealthSystems.com

MARCH COMMUNITY EVENTS CALENDAR



ONE 2 ONE

FITNESS

Free Initial Consultation with a personal trainer! Individual training studios in an intimate environment for one-on-one, partner, and small group training programs. Please call Clinton Township or Chesterfield to schedule your training session.

These personalized training sessions are taught by Laurie Nuyens. Laurie earned her BS from Central Michigan University in Sports Medicine. She is a certified member of the National Athletic Trainers Association and a National Academy of Sports Medicine Certified Personal Trainer.

Personal Training sessions are 55 minutes, and are individualized for each client to meet their personal needs and goals. Sessions can be one-on-one, partners, or in a small group. Our personal studios allow us to be exceptionally productive and efficient with the use of the fitness tools available to us and our clients. Before starting private training sessions, *One To One* clients receive a complete fitness evaluation that measures body composition, flexibility, muscular strength and endurance, movement analysis, and sport specific tests. We will then design a client's personal training sessions and program based on their strengths and weaknesses. In addition to this, we can customize cardiovascular, nutritional, balance, and stretching programs for the client.

CLASSES: CLINTON TWP./CHESTERFIELD

Attendance is free for the lectures. For each friend or family member you bring that is not a current patient, receive a free 1/2 hour massage! Please sign up at the front desk today to reserve your seat!

Monday, March 8, 6:30pm: Six Essentials to Optimize your health, Aaron Lundgaard, Clinton Township

Wednesday, March 24, 6:30pm: Ergonomics in the Workplace, Dr. Rose Minkiewicz, Chesterfield

Monday, April 12, 6:30pm: Are you Sick and Tired of being Sick and Tired?, Aaron Lundgaard, DC, Clinton Township

Wednesday, April 28, 6:30pm: Six Essentials to Optimize your health, Dr. Rose Minkiewicz, Chesterfield

43740 Garfield Rd., Clinton Twp., 48038 (586) 228-0270

28098 23 Mile Rd., Chesterfield, 48051 (586) 949-0123

15700 E. 9 Mile Rd., Eastpointe, 48021(586) 772-7770



Massage Gift Certificates

1/2 HOUR MASSAGE: \$35
Designed to work on specific areas and needs. For example, we may concentrate on your neck, shoulders, and back.

1 HOUR MASSAGE: \$50
Allows us to complete a full body massage while concentrating on areas of specific need.

FIVE 1 HOUR MASSAGE GIFT CERTIFICATES: \$200
A SAVINGS OF \$50

DETOX MASSAGE: \$65
This technique involves using essential oils to bring the body into balance.

1 1/2 HOUR MASSAGE: \$85
Designed to give someone serious training, a competitive athlete or anyone seeking "ultimate pampering" top of the line treatment

FIVE 1 1/2 HOUR MASSAGE GIFT CERTIFICATES: \$350
A SAVINGS OF \$75

MARCH

Topic of the Week Newsletter:

Week 1: Obesity

Week 2: Food

Week 3: Golfer's Best Friend

Week 4: Sweating

Chiro Kidz Club

This is a club just for our younger patients (ages 0-17) Your child will receive a 6 hole punch card attached to a lanyard that they must bring on every visit. Must bring punch card on every visit!

6th Visit: Bottle of children's vitamins/ or prize.

12th visit: Webkinz/or bottle of children's vitamins.



1 HOUR INTRODUCTORY MASSAGE & CHIROPRACTIC HEALTH EVALUATION
For A Limited Time Only **\$19.95***

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*Please mention coupon when calling • X-rays billed to Insurance If Applicable • New clients only • Offer good for a limited time.

MARCH

Product of the Month

10% off all Support Products (pillows, lumbar supports, roll pillows)

Are you Sick and Tired of being Sick and Tired?

Ask about BioMeridian Nutritional Assessment

Have you heard about our newest innovation in nutritional assessment? The new BioMeridian system provides our clinic with the ability to



get information about many body systems, including respiratory, digestive tract, hormone producing organs and elimination organs like the skin, liver, gallbladder and kidneys. This non-invasive, computerized test takes about 20 minutes. You will receive take home reports that can be tracked with each visit with our medical doctor. We test 58 different electrical circuits in your body related to these specific organs and systems. Ask the front desk about scheduling your appointment today!

12 Week Weightloss & Wellness Series special price: \$199.00

Regular Price: \$279.00. Register now and save \$80.00!

Wellness Series Includes:

- ✦ **Two** health/wellness consultations with a Registered Nurse
- ✦ **Two** private fitness evaluations with certified Personal Trainer
- ✦ **12 one hour exciting and motivating weekly coaching sessions!**
- ✦ **25.00 Gift Certificate** good towards a purchase of \$100.00 or more of Metagenics medical food nutritional supplements, shakes, and bars
- ✦ **One** Total Health Systems black shoulder tote bag

Optimal results, schedule an office visit with our Medical Doctor to evaluate your before and after labs, cholesterol, and Vitamin D and B12 levels (billed to your insurance company, if applicable)