

Grosse Pointe Body Burn brings New York megaformer standards back home

When Kate Shannon, owner and instructor at Grosse Pointe Body Burn, first moved back home to Michigan after living six years in New York, she never could have imagined opening a megaformer studio in her hometown. After being trained on the

megaformer for several months in all five boroughs of New York, she began teaching and even helping train other instructors. Because there are more than 300 different moves on the machine, her training was intensive and focused on a high

degree of attention to detail, and her clients in New York appreciated that tremendously.

When COVID hit and Kate relocated to her hometown, she missed the workout and the community it created. In came Grosse Pointe Body Burn. Every work-

out is full body and features block training to get the muscle to the moment of failure; it also has zero impact on joints while still being a fun, dynamic and engaging class that gives clients results fast. The GPBB workout is a full-body, muscle-quickening and challenging workout that leaves clients feeling lengthened, walking taller and feeling mentally and physically empowered.

Because Kate was trained so extensively, her instructors are top of the line. The teaching methodology at Grosse Pointe Body Burn is very different than any teaching style you'll find in the area. The instructors are encour-

aged to not only be your biggest cheerleaders, but also to always have your form and safety in mind. They go through a rigorous, months-long training program to learn the nuances of every move taught. GPBB instructors emphasize a high atten-

Bold Enough to Be a Beginner." She knew by bringing a completely new workout to a new market in her hometown that there would be a serious learning curve. A first megaformer class may make you feel awkward, or overwhelmed or even

discouraged. Kate tells her newbies to accept the clumsiness and the struggle and

know that each time you will get stronger and more confident: Be brave enough to know you don't know everything and be humble enough to learn from those around you. Be brave enough to walk in the door, the GPBB team will take care of the rest.

Address: 17108 Mack, Ste. 101, Grosse Pointe, MI 48236

Website: grossepointebodyburn.com

Phone Number: (313) 768-9735

Email Address: info@grossepointebodyburn.com

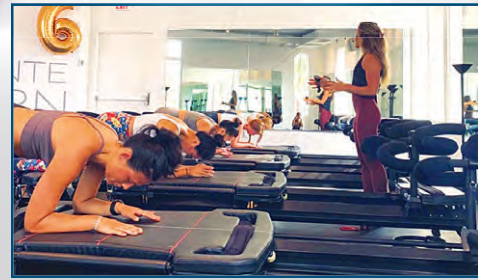
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FALL CLASSES BOOK NOW!

Combines Cardio, Strength Training, & Traditional Pilates



- Full Body Workout
- Zero Impact on Joints
- Experienced & Seasoned Instructors



Yields the most results in the quickest possible way for clients



17108 Mack Avenue In the Jim Saros Building
Grosse Pointe 48230 • 313.768.9735

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12/20/21



COURTESY PHOTO

From left, University Detroit Mercy Dean Emeritus Dr. Robert Steiman; Dr. George Goodis, symposium chair; and Dr. Gerald Halk, symposium co-chair.

Symposium is summer 2022

The annual Ralph F. Sommer Endodontic Symposium takes place Friday, June 10, and Saturday, June 11, 2022, at the Edsel & Eleanor Ford House, 1100 Lakeshore, Grosse Pointe Shores.

For the first time since its inception, the symposium will take place in Grosse Pointe and Dr. George Goodis, symposium chair, hopes it is here to stay.

"I'm honored to have it here," Goodis said. "I'm honored to have it at the Ford Visitor Center."

A highlight of the symposium, Dr. Charles Goodis will debut his invention, EdgePRO, a laser-assisted microfluidic irrigation device.

Additional speakers include Dr. Stanley Malamed, emeritus professor of anesthesia and medicine at the University of Southern California; Dr. Ben Johnson, founder of Tulsa Dental Products and "godfather" of modern

endodontics; Dr. Bruno Azevedo, oral and maxillofacial radiologist, specialist in endodontic 3D imaging and professor at the University of Louisville; Dr. Arthur Jeske, professor of clinical pharmacology at the University of Texas Health Science Center; Dr. George Bogen, specialist in MTA/vital pulp rescue therapy and professor at the University of Queensland, Australia; Dr. William Freccia, associate professor of endodontics at the University of Michigan; and Dr. Charles Maupin, a founding member of the International Academy of Endodontics and part-time faculty member at UCLA.

Attendees will dive further into the heart of the community for drinks, hors d'oeuvres and a strolling dinner during a meet and greet with speakers at the Grosse Pointe Yacht Club.

Any Michigan dental specialist may register for the symposium at endodontors.com.

AN INVITATION For All Michigan Dental Specialists

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Register at ENDODOCTORS.COM

Friday, June 10, 2022

REGISTRATION FEE: \$495 - Seven (7) Credit Hours

8:30 AM - 5:00 PM

"The Endodontic Triad: Instrumentation, Irrigation, Obturation"

New "State Of The Art" Edsel and Eleanor House Visitors Center
1100 Lake Shore Road,
Grosse Pointe Shores, MI 48236

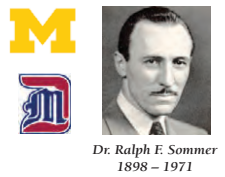
6:00 PM - 10:00 PM

Destination Celebration Meet and Greet with the Symposium Speakers

Grosse Pointe Yacht Club
788 Lake Shore Rd
Grosse Pointe Shores, MI 48236
Guests Welcome
Additional Registration Fee: \$95

Host Hotel: DETROIT MARRIOTT AT THE REN CEN, 400 Renaissance Dr W, Detroit, MI | Phone: 313-568-8000

The Annual Ralph F. Sommer Endodontic Symposium



at the Grosse Pointe Shores Historical Automotive Iconic Edsel and Eleanor Ford Estate - adjacent to the New "State Of The Art" Edsel and Eleanor House Visitors Center located on the Ford Cove on the majestic Lake St. Clair, Michigan

Saturday, June 11, 2022

ADDITIONAL REGISTRATION FEE: \$95 - Four (4) Credit Hours
Any auxiliaries/supporting staff are an additional \$95 per person (includes Hands On Session)
See website for details

8:00 AM - 9:00 AM

Dr. William Freccia
Associate Professor of Endodontics
University of Michigan

"The Effect of Bruxing on Endodontically Treated Teeth"

9:00 AM - 12:00 PM

Hands On EdgePRO Session
Dr. Charles Goodis
Dr. Charles Maupin

"Laser-Assisted Microfluidic Irrigation Device"

42 Degrees North at Detroit Marriott/RenCen | 400 Renaissance Center, Detroit, MI 48243

Featuring International Speakers

Dr. Stanley Malamed
Emeritus Professor of Anesthesia & Medicine
University of Southern California

Dr. Ben Johnson
Founder,
Tulsa Dental Products,
Tulsa, Oklahoma
Godfather of Modern Endodontics

Dr. Bruno Azevedo
Oral & Maxillofacial Radiologist,
Endodontic 3D Imaging,
Professor
University of Louisville,
Kentucky

Dr. Arthur Jeske
Professor of
Clinical Pharmacology
University of Texas
Health Science Center
at Houston

Dr. George Bogen
MTA/Vital
Pulp Rescue Therapy
& Professor
University of Queensland,
Australia

Dr. Charles Goodis
Inventor, Patent Holder,
Founder & CEO EdgeEndo,
Johnson City,
Tennessee

Contact: Dr. George Goodis, Symposium Chair | Email: rfsommer@endodontors.com | Phone 313-477-5909