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Off first appointment. Call 734-649-2891 or email Denise at denisebheld.com to make an appointment or visit. M&M Wellness Center is all about fulfilling Tools you can use for home care: Tennis Balls, Foam Roller, Ma Roller & Hand Towels Ideas for how to help migraines, plantar ... Vie: Fitness & Spa sells a la carte personal training, fitness classes with offerings like spinning, hip-hop dance and even pole ...