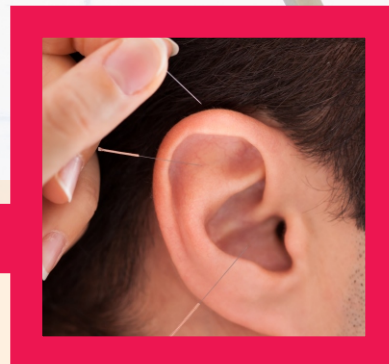


# Complimentary Acupuncture Stress Relief Treatments



## Meet Your Acupuncturist:



**Kristina D. Allred**  
M.S. Oriental Medicine  
Licensed Acupuncturist  
Dip. Ac. (NCCAOM)

**Where:** Location at Your Organization

**When:** Tuesday, (date), 11:30am to 1:30pm. Arrive any time during those hours for your free stress reduction treatment.

**What:** Five small, sterilized, disposable needles are placed in each ear by a licensed practitioner. Participants rest quietly for 20 minutes and listen to relaxing music. The treatments will not address individual health concerns, but instead focus on an overall blissful, relaxing experience.

### Participants often experience:

- Reduced stress & anxiety
- Increased mental clarity, focus & concentration
- Improved ability to cope
- Improved alertness
- Reduction of depressive feelings
- A general sense of well-being

**Vital! HEALTH**

Your Partner for a Healthier Life.

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