

Complimentary Acupuncture Stress Relief Treatments



Meet Your
Acupuncturist:



Jonathan M. Sasser

M.S. Oriental Medicine
Licensed Acupuncturist
Dip. O.M. (NCCAOM)

Where: Room 1A

When: Thursday, October 24, 11:30am to 1:30pm.

What: Small, sterilized, disposable acupuncture needles are placed 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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