

Free Acupuncture for Stress and Trauma IHOP Victims, Air Race Victims, Responders and Anyone Affected - please join us!

When: 2:00-7:00pm Tuesday Sept 27th, Oct 4th,
Oct 11th (till 5:45), Oct 18th, ongoing.

Hours may vary, based on need.

Where: **St. Peter's Episcopal Church in Parish Hall**
314 N. Division St.

Please enter on north side of building. Thank You.

Local acupuncturists Maureen Lamerdin O.M.D., Maggie Tracey O.M.D., David Edge, O.M.D., and Stephanie Pavlik O.M.D., will be offering free community acupuncture treatments at St Peter's Episcopal Church. This clinic is an independent clinic to assist the community in times of crisis. Knowing that unresolved trauma can have repercussions for decades, we offer acupuncture services to provide treatment to interrupt this cycle of pain and relieve suffering. By partnering with local organizations and treating with community style acupuncture in group settings we can support the healing of the whole community. Auriculotherapy (ear acupuncture) will be the protocol used in this setting. Treatment time is approximately 30-45 minutes long. There is no intake, no diagnosis and no talking after needles are inserted and many people find they become very relaxed and may fall asleep. This treatment is thousands of years old and is used in times of trauma and crisis to assist the body, mind and spirit to relax and de-stress. Certified harp therapist Sable Shaw will be providing harp music.

For more information , call Sierra Acupuncture at 841-3331.

