



# **Community Acupuncture is coming to you!**

***—Rest and recharge —  
so you can feel more like you want to.***

**Acupuncture is one of the oldest,  
most commonly used systems of healing in the world.**

**It is great for managing:**

***chronic pain \* stress \* depression \* anxiety  
insomnia \* asthma \* allergies \* lower back pain  
knee pain \* neck and shoulder pain \* arthritis  
headaches \* addiction \* indigestion \* neuropathy  
and sooo much more !***

**Saturdays — 9:30am to 11:30am**

**Starting February 24th!**

**To sign up for a treatment  
or if you have questions, contact staff**

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**Want to learn more about us?  
[www.workingclassacupuncture.org](http://www.workingclassacupuncture.org)**



**Community Acupuncture  
every 3rd Saturday!**

***We'll see you next on  
Saturday, April 20th!***

Acupuncture is great for managing:

*chronic pain \* stress \* depression  
anxiety \* insomnia \* lower back pain  
sciatica \* neuropathy \* indigestion  
and sooo much more....*

**Anytime 9am to 11:30am**

**In the Wellness Room**

\*\*\*\*\*

Want to get acupuncture at one of  
the clinics between now and then?

**Call 503 –328-6529 or go to  
workingclassacupuncture.org**



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