



Experience stress relief

Volunteer for free ear acupuncture

**@ Health Solutions Wellness Center Hall, 1 Wellness Way,
Pueblo, Colorado, April 30 and May 1, 2021 at 10 am and/or 2pm**



Volunteer to **experience stress relief** through receiving a 5-point ear acupuncture protocol in a *National Acupuncture Detoxification Association* (NADA) training that is happening at Health Solutions Wellness Center Hall, 1 Wellness Way, Pueblo, Colorado, 81006

The ear acupuncture will be done by persons who are being trained but who may not be certified yet as a NADA 5-point ear acupuncture specialist. The trainees will be working under the supervision of a certified NADA 5-point ear acupuncture specialist.

Possible benefits include: general feeling of well-being, improved sleep, sense of relaxation, decreased cravings for addictive substances. Come at 10 am and/or 2 pm and spend 30—45 minutes relaxing. Just show up on time, no need to make an appointment.

**Location: Health Solutions Wellness Center Hall,
1 Wellness Way, Pueblo, Colorado 81006**

**The times for receiving a treatment as a
volunteer are Friday and Saturday April 30 and
May 1, 2021 at 10 am and at 2 pm. The sessions
last about 45 minutes to an hour.**

For more information contact:
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