

Acupuncture for Allergies and Strengthening Your Immune System

Join

Sarah Babcock, Lic.Ac

Licensed Acupuncturist

For this **FREE** informative talk on

How Acupuncture can help strengthen your immune system
and effectively treat your allergies.

This presentation will include:

- * The Chinese meridian/organ system - how acupuncture works.
 - * A live Acupuncture demonstration.
 - * What is Wei Qi? and how to keep yours healthy.
- * Fighting allergies & strengthening your immune system for flu season.
 - * Food suggestions to add to your diet.
- * Qigong breathing you can do at home to strengthen your Lung Qi.
 - * And, of course - time for your questions!

All participants will receive:

A coupon for 10% off an acupuncture treatment!

An informational card on how acupuncture can help treat allergies!

A bookmark with some self-care tips!

A handout of food suggestions to strengthen your immune system!

And...

One lucky person will win a **free acupuncture treatment!**

Thursday October 14, 2010 - 6:30-8:00 PM

At

Natural Body Works Healing Center

161 Summer Street Kingston MA 02364

781-585-5130

FREE!

Space is limited—call now to register!