



# Community Acupuncture

Saturday, February 6th at 1:30pm



### What is Community Acupuncture?

Community acupuncture is a return to traditional healing, where treatments were conducted in a group rather than individual setting. Group treatments foster a sense of community and support and are convenient for family members or friends to receive treatment together. This also allows us to make acupuncture more affordable and accessible for our patients.

### How does it work?

Acupuncture is a safe, natural holistic therapy that utilizes your body's inherent ability to heal itself. This treatment relieves pain reduces inflammation, enhances immunity and promotes healing. Additional benefits include relief from headaches, improved sleep, and a deep sense of relaxation. Community acupuncture is performed on zero gravity recliners or yoga mats for your comfort and convenience. Most treatments take about thirty minutes and require no disrobing.

### How much does it cost?

We charge a flat fee of \$40 for community acupuncture treatments. We believe this is a fair price which allows us to keep our business going while providing valuable and affordable treatments to the community. Unlike other acupuncture clinics, we do not charge an additional paperwork fee or require proof of income.

### Can I pre-register for this event?

You can save time by pre-registering for this event. Choose when you wish to receive your treatment in order to reduce wait time. Walk-ins will be accepted on a first-come, first-served basis.

### How do I prepare for treatment?

Please wear loose, comfortable clothing as you may be asked to roll up your pants or sleeves. Avoid eating heavy meals and alcohol prior to treatment. You should arrive 15 minutes prior to your scheduled appointment time.



Please visit our [Connecticut Acupuncture Meetup](#) for a complete list of upcoming events & workshops. You can also [download a flyer](#) for this event.

For more information and to pre-register for this event, please contact:

**Yoga Center of Collinsville**  
10 Front Street  
Collinsville, CT 06019  
860.693.YOGA (9642)  
[www.yogacentercollinsville.com](http://www.yogacentercollinsville.com)

Join Our Mailing List

Forward to a Friend

Dear friends,

January is a time of renewal, when we put bad habits to bed and strive to adopt new healthy lifestyles. Please take a moment to think about the small changes you can make to improve your life in the new year. Did you know that acupuncture & herbs can help you quit smoking, lose weight, get pregnant, and reduce stress?

Take the first step toward adopting a healthy lifestyle in 2010 by joining me for a special Community Acupuncture event on Saturday, February 6th at the Yoga Center of Collinsville.

Best wishes for a healthy New Year!

Danny Han, L.Ac.

### Acupuncture Home Visits Now Available!

We provide affordable, compassionate care for all stages of life and health. For the comfort and safety of our patients, treatments may be arranged in your home, office, nursing home, assisted living facility, hospice and other health care locations.

Please contact us at 860.502.9462 or [info@ezacupuncture.com](mailto:info@ezacupuncture.com) to schedule a home visit.

### What is Acupuncture?

Acupuncture is a natural, holistic therapy that promotes health and alleviates pain and suffering. This method, based on the theories of Traditional Chinese Medicine, has been developed and tested over thousands of years, and continues to be validated today. People experience pain or illness when "Qi" or "vital energy" is blocked or when energy is imbalanced. Acupuncture works by freeing up blockages of Qi in the body. From a Chinese perspective, these blockages occur in meridians, rivers of energy that run throughout the body, nourishing the organs and tissues. Just as the Western medical doctor monitors the blood flowing through blood vessels and the messages traveling via the nervous system, the acupuncturist assesses the flow and distribution of Qi within meridians. As acupuncture needles are inserted and manipulated, free flow is restored to the areas, which are obstructed. This encourages the body to rebalance and it promotes the inherent ability of the body to heal. Acupuncture is just one form of therapy used within the coherent system of healing known as Oriental Medicine.

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