

## Resilience During Covid-19 Free Acupuncture Clinic for Essential Frontline Workers

The students of CCATCM are offering free acupuncture services in our clinic to:

- Food Service workers
- Medical Employees
- Construction workers
- Transportation workers

This offering is an effort to support our community by providing the many benefits of acupuncture which include:

- pain relief
- stress reduction
- sleep management
- immune support
- plus other benefits!

We welcome those of you who have had experience with acupuncture, as well as those of you who are trying it for the first time. Non-needling options such as acupressure massage and fire cupping are available.

Please book your 'Essential Worker' appointment here:

[https://clients.mindbodyonline.com/ASP/adm/adm\\_appt\\_search.asp?reSchedule=](https://clients.mindbodyonline.com/ASP/adm/adm_appt_search.asp?reSchedule=)

Appointments are being offered during clinic hours. Tuesday 5:30pm-9:30pm, Wednesday 5:30pm-9:30pm, and Saturday 10am-2pm. Some daytime options may be available on these days. **Event running until September 30th, 2020.**

The clinic is located at 1306 Bedford Hwy, Bedford, NS B4A 1C8.

For more information contact the Dean of Acupuncture, Lucy Griffiths at 902-832-6628