

# Acupuncture & Mindfulness Program

We offer a 4-week program that includes both Acupuncture and Mindfulness. The individual will receive 1 hour session each week with acupuncture and a new mindfulness experience combined.

New neuroscience research has shown that both Acupuncture and Mindfulness can stimulate the pre-frontal cortex (higher knowing and reasoning) and move individuals out of the limbic system (emotion and memory center of the brain)

We're exciting to offer this program to enhance the individual's quality of life.

The program is designed to support individuals with:

- **Chronic pain and conditions**
- **Addictions-opioid, drug and alcohol (individuals must be going thru or have been recently in a detox and rehabilitation program)**
- **Behavioral Health-anxiety and depression**
- **Stress and Burnout for caregivers**

Contact the Center for Mind Body to make an appointment today!

**303-415-8650**