

Meet your
community
health care
professionals!



Spring Workshop Series

Saturday, March 6th

12-5 PM. *Managing Stress with Acupuncture and Mindfulness.*

With Sherry Holt, Chris Pickrell, Naomi Frank. This workshop will explore how acupuncture and mindfulness will allow for a releasing of stress, opening the door for healing and health. Participants can expect to learn some acupressure points for relieving stress as well as breathing techniques associated with mindfulness practices. In this way, we can develop some methods for working with stress that are accessible and affordable, putting more control for our health in our hands. The afternoon also includes an introduction to the Roncesvalles Community Acupuncture Clinic (RCAC).

Saturday, March 13th

12-5 PM. *Free Acupuncture @ the RCAC.*

The Roncesvalles Community Acupuncture Clinic (RCAC) is offering FREE acupuncture treatments between 12 and 5pm. Donations may be made to *Acupuncturists Without Borders* current work in Haiti. Please sign up for your appointment time, or feel free to walk in. We look forward to seeing you!

Saturday, March 20th

1-2 PM. *Gluten free snacks and smoothies.*

With Alexis Touyz. Come and try some tasty gluten free snacks. Learn how to make delicious, healthy snacks, with-out baking, for the whole family. On the menu: (Raw) cocoa cranberry truffles, date balls and super-green smoothies for kids.

2:30-5:30 PM. *Spring Balance: Bowen Therapy Clinic.*

With Alexis Touyz. Experience the Bowen Technique at our community clinic. This will be a pay what you can service.

Saturday, March 27th

1-2 PM. *Getting the Most from Our Food: Understanding and optimizing digestion.*

With Chris Pickrell, ND. This workshop will explore simple ways to keep your digestion in optimal balance, with a focus on creating the ideal conditions for getting the most out of your food.

The Herbal Clinic & Dispensary
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