

Living Water Acupuncture- FREE CLINIC Tuesdays 3:00-6:00

A Health and Wellness Ministry of
The First Congregational Church, Wellfleet

Acupuncture: What is it? Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting needles at very precise acupuncture points.

National Acupuncture Detoxification Association. Acupuncture has been used to help reduce cravings associated with discontinuing opioids, tobacco, and alcohol, and for reducing symptoms of anxiety, stress, and depression. The NADA approach involves gentle placement of up to 5 small sterilized disposable needles into specific sites on each ear. The person being treated sits quietly in a group setting (physical distance maintained) for 30 minutes.

Acupuncture services provided by licensed physician *Margaret Tilton, MD*

- *Board Certified, Physical Medicine and Rehabilitation*
- *Full Member, American Academy of Medical Acupuncture*

FREE CLINIC Tuesdays 3:00-6:00 at Wellfleet Congregational Church, 200 Main St.
Off-season Schedule 2023/2024: Nov 07, Nov 14, Dec 05, Jan 30, Feb 27, Apr 02.
Weekly Apr 30- October 508-819-2260 LivingWaterAcupuncture@outlook.com

