

Acupuncture & Meditation

A FREE offering for all women !

HOW

Helping Our Women

HOW is offering a free, evidence-based, outer ear acupuncture treatment called Acudetox, known to reduce anxiety, stress, depression, PTSD, and support recovery from substance use. It provides a calming effect and promotes mental wellness in a supportive group setting. Offered by licensed practitioner Heather Louks, this treatment will leave you at ease and relaxed!

When?

Wednesdays starting in July

July 2: 1:00–2:00 PM
July 9: 10:00–11:00 AM
July 16: no session
July 23: 1:00–2:00 PM
July 30: 10:00–11:00 AM

Wednesdays, August and beyond

Week 1: 1:00–2:00 PM
Week 2: 10:00–11:00 AM
Week 3: 4:00–5:00 PM
Week 4: 5:00–6:00 PM
Week 5 (if applicable): 10:00–11:00 AM

All programs are subject to cancellation and/or changes

How to register:

email pam@helpingourwomen.org or call **508-487-4357**

Registration is **REQUIRED** and spots open after each session. An email will be sent to confirm your appointment or to notify you that you've been added to the waitlist.

Where?

Ann Maguire Women's Wellness
Center at HOW
3 Main Street, Eastham
(same plaza as Casa del Cabo)



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Partners in Public Health



These programs are funded in part by Opioid Remediation Funds provided through the towns. Outer Cape Community Solutions Rural Health Network has coordinated these efforts with local stakeholders. For additional information or to make suggestions for future spending, contact us below.

info@outercapecs.org

outercapecommunitysolutions.org

Need details about these offerings? Seeking additional resources on the Outer Cape? Visit the Outer Cape Community Solutions' website or scan the QR code.

