

Saturday, April 11th

Ear Acupuncture & Relaxation

Led by Laura Braziel, LPC, ADS

This is an individualized, stress-reduction treatment facilitated in a group setting open to the public. Come receive rest and reset for your nervous system with the benefits of ear acupuncture and guided grounding techniques.

Potential benefits of Ear Acupuncture...

- ❖ Relief from stress and increased calmness
 - ❖ Improved sleep
 - ❖ Reduction in anxiety
 - ❖ Reduction in cravings for unhealthy substances (alcohol, drugs, sugar)
 - ❖ Improved clarity and focus
 - ❖ Learn more: www.authenticrelationalcounseling.com/acudetox
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What to expect...

- Small needles placed in specific points on each ear
 - You'll sit and receive for about **45 minutes**
 - No talking during treatment—just rest and reset
 - Soothing music
 - Guided breathing & grounding skills to practice being in the present moment
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EVENT DETAILS

Date: Saturday, April 11th

Location: 120 Eldridge Rd, Suite D
Sugar Land, 77478

Time: 1:15pm-2:15pm

Cost: \$20 per person



TO REGISTER

Contact: Laura Braziel

Call or Text: 281-690-3456

Space is limited to 8. Register early!