

Saturday, March 14th

Ear Acupuncture & Relaxation

Led by Laura Braziel, LPC, ADS

This is a trauma-informed, stress-reduction, small group treatment open to the public. Stress that is not alleviated can contribute to physical and emotional ailments. 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, March 14th

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!