

**POSTPONED DUE TO SUPER BOWL!**

**Sunday, February 8th**

# **Ear Acupuncture Group Experience**

**Led by Laura Braziel, LPC, ADS**

Join us for **5-Needle Protocol (5NP) AcuDetox®**, a gentle ear acupuncture treatment designed to support:

- ✨ Stress relief & emotional balance
- ✨ Mental clarity & focus
- ✨ Better sleep
- ✨ Overall well-being



## **WHAT TO EXPECT**

- Small needles placed in specific points on each ear
- A calm, small group setting with soothing music and guided breathing
- You'll relax for about **45 minutes**
- No talking during treatment—just rest and reset
- Learn more: [www.authenticrelationalcounseling.com/acudetox](http://www.authenticrelationalcounseling.com/acudetox)



## **WHO IT'S FOR**

- Anyone who wants or needs to relax! You, your counselor, your family, your friends, your co-workers.



## **EVENT DETAILS**

**Date:** TO BE DETERMINED SOON

**Location:** 120 Eldridge Rd, Suite D

**Time:** TO BE DETERMINED SOON

**Cost:** \$10 per person



## **TO SIGN UP**

**Contact:** Laura Braziel

**Call or Text:** 281-690-3456

**SPACE IS LIMITED! SIGN UP SOON.**