



Acupuncture and Chinese Medicine for the Cold and Flu Season

Sunday October 19th

7-8pm

at Angler Movement Arts Center

1550 E. Montgomery Ave

Stay Out of the Doctor's Office and Save Your Sick Days for Vacation!

Join us for an informal discussion about boosting the immune system and shortening the course of colds and flus with Chinese Medicine!

You'll learn simple remedies you can make at home and inexpensive Chinese herbal patent formulas that are great to keep in your medicine cabinets just in case!

Keep yourself and your family healthy this season!

Suggested Donation \$5-\$10 or whatever you can afford to help pay for the space.

Please RSVP if you'd like to attend- bring friends and family!

BareFoot Doctor Community Acupuncture Clinic

www.barefootclinic.com

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