

# Healthy Habits



Wednesday  
June 5, 2019  
5:30-6:30pm

Elaine Jacob Center, Suite E  
38550 S. Highway One  
Gualala, CA 95445

## Chinese Acupuncture

Acupuncture is a medical practice that is used worldwide and gaining popularity in the United States.

What is acupuncture, and how might it work? Is it safe, and what conditions is it used to treat? And what should be expected during an acupuncture treatment?

Please join us for a presentation to answer these questions and more with Special Guest, Demetra Markis, L.Ac.



Demetra Markis, L.Ac.

- Healthy Habits is a FREE community program of RCMS led by Dr. Afsoon Foorohar with assistance from the Mendonoma Health Alliance (MHA). For more information, call 884-9434 or call MHA at 412-3176.
- No reservations needed... just drop in! Enjoy a healthy snack and a chance to win a door prize!

