



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## George Wellbeing Program

### Community Acupuncture — Blaisdell Schedule

Enhance your wellbeing in a community acupuncture session. RSVP and payment is required at least 24 hours prior to attending session. If you need to cancel or reschedule, please call 24 hours before your appointment to avoid fees. In the case of openings, walk ins are welcome when they are available but are not guaranteed. Please call Blaisdell at 612-827-5401. All are welcome. Y membership not required to participate.

	Monday	Tuesday	Wednesday	Thursday	Friday
8am					
9am					
10am				COMMUNITY ACUPUNCTURE 9:00 - 11:00 Warehouse	
11am					
12pm					
1pm					
2pm					
3pm			COMMUNITY ACUPUNCTURE 2:00 - 4:00 Warehouse		
4pm		COMMUNITY ACUPUNCTURE 3:00 - 5:00 Warehouse			
5pm					
6pm					
7pm					





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## Blaisdell Schedule

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### Acupuncture

**\$22/\$16 for Y members**

Community Acupuncture is a service where multiple clients are able to receive treatments at the same time. Clients are seated in zero gravity chairs in the same room, with a licensed acupuncturist moving from person to person. Clients can expect to be resting 20-45 minutes. Need-based scholarships are also available.