



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GEORGE WELLBEING PROGRAM

Community Acupuncture — Midway 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 Midway at 651-646-4557. All are welcome. Y membership not required to participate.

	Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m.					
10 a.m.	COMMUNITY ACUPUNCTURE 9:00 - 11:00 Studio K				COMMUNITY ACUPUNCTURE 9:00 - 11:00 Studio K
11 a.m.					
Noon					
1 p.m.					
2 p.m.					
3 p.m.					
4 p.m.				COMMUNITY ACUPUNCTURE 3:30 - 5:30 Studio K	
5 p.m.					
6 p.m.					

\$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.