



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

George Wellbeing Program

Community Response Healing Pop-Ups – Blaisdell Schedule

Enhance your wellbeing in a free group acupuncture sessions to support healing in our communities. All classes are drop-in, all are welcome. Y membership not required to participate.

	Monday	Tuesday	Wednesday	Thursday	Friday
8am					
9am					
10am	GROUP ACUPUNCTURE 9:00 – 11:00 Studio D				GROUP ACUPUNCTURE 9:00 – 11:00 Studio D
11am		GROUP ACUPUNCTURE 10:00 – 12:00 Studio D		GROUP ACUPUNCTURE 10:00 – 12:00 Studio D	
12pm					
1pm					
2pm					
3pm			GROUP ACUPUNCTURE 2:00 – 4:00 Studio D		
4pm					
5pm					
6pm					
7pm					



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Sustaining our energy and wellbeing through the long complex journey towards health, equity and inclusion can be difficult. Our bodies hold generational and current-day stress and trauma that make it a windy road. Therefore, self-care practices need to intersect with community-care actions to create a successful social justice equation. To support the holistic experience of healing our communities, the George Wellbeing program is providing free group acupuncture sessions daily starting September 8 and running through December 2020 at our Blaisdell and Midway locations. Open to Y members, and the public. Childcare on site for some timeslots. Group sessions are drop-in, no appointment necessary. Stay tune for more group healing offerings.

Acupuncture

FREE to Y members and public

Group 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 30-60 minutes. Drop-ins welcome, however they are not guaranteed. It may be likely that clients have to wait for the next available space.