

YOU CAN DO IT!

D'Day is Coming!

The Great American Smoke-out is

Thursday, November 19, 2009

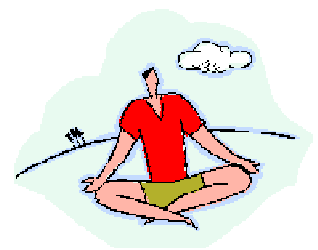
Free yourself from nicotine!

Deah Kinion, L. Ac. will be offering *acupuncture* for those who wish to quit using nicotine on the Great American Smoke-Out

**Thursday, Nov. 19, in Rochester, MN
Between 9 AM and 1 PM
at UCR/RCTC campus, AT 302**

Educational and support materials will be provided – so stop by!

Sponsored by RCTC Student Health Services
and Zumbro Valley Acupuncture



ALL WELCOME!!!!

Millions of smokers across the country will take a break and try not to smoke for at least 24 hours. Need help? How about ACUPUNCTURE? Auricular (ear) acupuncture is used for smoking cessation, is done in a group setting, seated in chairs and helps with easing withdrawal symptoms, stress, cravings, moodiness and anxiety. Try it! You'll like it! What have you got to loose but your habit?!

Acupuncture will be provided on a first-come, first-served basis.

Plan on about 45 minutes to an hour for your treatment. Donation of \$5 suggested.

Written materials will be provided as additional support.