

## Moving Forward De-Stress Clinic

**“Moving Forward...” is an integrative health initiative sponsored by the Jefferson County Health Department (JCHD) of Jefferson County, WV.**

**This innovative program focuses on helping clients alleviate symptoms caused by stress-related conditions. Participants suffering from stress, substance abuse, chronic pain, addictions, grief or other mental health issues may find this integrative health approach particularly beneficial in their recovery.**

**The program consists of 9 treatment sessions utilizing acupuncture or acupressure, mindfulness related stress reduction and group processes. Sessions will occur weekly and last 3 hours each. We will celebrate completion of the program with a graduation gathering in the 9<sup>th</sup> week.**

**Participants are being sought for this important initiative. The JCHD will sponsor its next of these 9-week courses in this fall. The clinic dates, held on Tuesdays from 5:30 – 8:30 pm in Jefferson County, W.V. will be announced when we have sufficient applicants.**

**We are seeking Candidates who:**

**Are 18 years of age & older (legal emancipation may be considered).**

**Want to learn improved coping skills or are in Recovery.**

**Are willing & committed to attend ALL nine weekly sessions.**

**The “Moving Forward De-Stress” initiative is primarily grant funded. This program is not covered by insurance. Participants are asked for a modest donation of \$10 per session/meeting.**

**Please contact the Jefferson County Health Department at 304-728-8416.**

**Or contact our Program Coordinator Ardyth Gilbertson, RN by email at:**

**[ardythg@gmail.com](mailto:ardythg@gmail.com)**

**Visit our website at [www.jchealthdept.org](http://www.jchealthdept.org) under Clinical Services where you can**

**Download the brochure / Download the questionnaire & register**

**“The future is always starting now” – Mark Strand**

**For information on Acupuncture & Mindfulness Stress Reduction benefits go to:**

**[www.acudetox.com](http://www.acudetox.com) - select NADA Protocol**

**[www.mayoclinic.org/healthy-living/stress-management/in-depth/relaxationtechnique/art-20045368](http://www.mayoclinic.org/healthy-living/stress-management/in-depth/relaxationtechnique/art-20045368)**