

COMMENTS FROM RECENT GRADUATES...

"Moving Forward has dramatically changed my life...I learned that no one is alone, everyone has a struggle of their own...The stress management skills are practical and easy to do in any situation. The acupuncture was relaxing, and the group interaction fantastic!"

"...helps me to clearly identify my problems, goals and obstacles so I can start to develop an action plan to effectively manage life's challenges... Helps me reduce stress, 'brain overload', pessimism, difficulties managing my emotions and other factors that might make it hard for me to carry out that action plan."

"I'm definitely more aware of the stresses in my life and I can easily identify new ones and deal with them more appropriately...I felt like part of a community of like minded individuals. I was surprised by everybody's ability to live and grow as people."

Jefferson County Health Dept.
1948 Wiltshire Road, Suite 1
Kearneysville WV, 25430

Phone: 304-728-8416
Fax: 304-728-3319
www.jchdvw.org

For more information on acupuncture and stress relief visit:

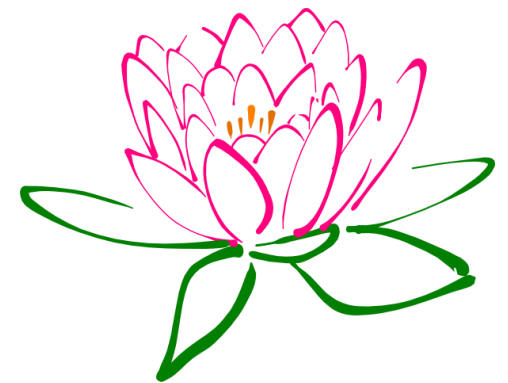
www.acudetox.com (click NADA Protocol)

<http://www.mayoclinic.org/healthy-living/stress-management/in-depth/relaxation-technique/art-20045368>



Moving Forward...

De-Stress Clinic





Moving Forward...

Are you feeling stressed? Anxious or worried? Trouble sleeping or struggling to improve your life and just not making the changes you want? You are not alone! We can work with you to improve your symptoms in a relaxed and caring atmosphere. You can learn to enjoy health benefits and use De-Stress techniques to effectively respond to life's storms.

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 concerns may find this integrative health approach particularly beneficial in their recovery.

The program consists of 4 treatment sessions utilizing acupuncture or acupressure, mindfulness related stress reduction and group processes. Sessions will occur weekly and last 2 hours each. We will celebrate completion of the program with a graduation gathering in the 4th week.

We are seeking Candidates who:

- Are 18 years of age or older (legal emancipation may be considered).
- Want to learn improved coping skills or are in recovery.
- Are willing and committed to attend ALL four weekly sessions.

The Moving Forward program is primarily grant funded. This program is not covered by insurance. Participants are asked for a modest donation of \$10 per session.

INTERESTED?

— VISIT —

www.jchdwv.org

— CALL —

304-728-8416

— EMAIL —

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