

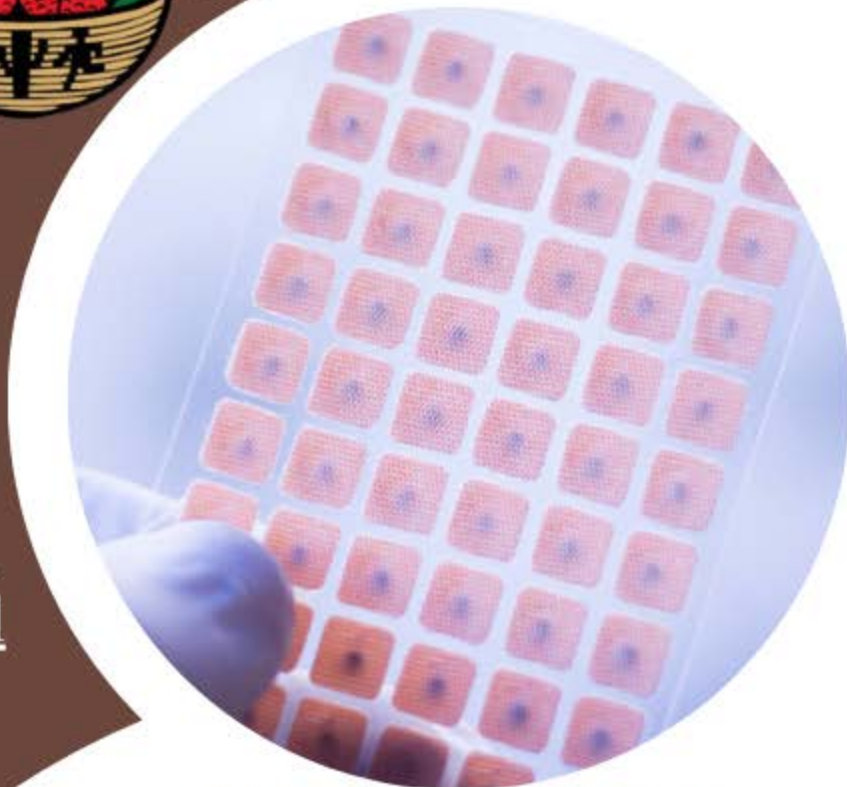


# ACUWELLNESS



A type of auriculotherapy, a traditional Chinese medicine technique that focuses on areas in your ear. They're thought to promote comfort and relaxation.

People may use them to help with pain, insomnia, substance abuse, and mental issues ranging from anxiety to grief.



When?

**Fridays  
12 pm- 1 pm**

Where?

**TOCC main  
campus  
Apedag Ki:**

**In partnership with  
Healthy O'odham Promotion Program**

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