



Acupuncture For A Healthier You **WORKSHOP**

GET TO THE *POINT* OF YOUR HEALTH

Join us for an informative conversation about how acupuncture can benefit your health, vitality and longevity.

FREE
Trigger Point
Screening!

Acupuncture helps to naturally manage and treat:

- ✓ Back Pain
- ✓ Muscle Pain
- ✓ Arthritis
- ✓ Sciatica
- ✓ Sports Injuries
- ✓ Stress
- ✓ Insomnia
- ✓ Fatigue
- ✓ Migraines/Headaches
- ✓ Acid Reflux
- ✓ Menopause
- ✓ MANY MORE



Workshop Speaker
Jeff Ariola L.Ac.

TUESDAY, NOVEMBER 1 **7 – 8PM**

Please RSVP
973-227-3575 | ffpl@ffpl.org

Fairfield Public Library
261 Hollywood Ave.
Fairfield, NJ 07004

