

*VETERAN GROUP SESSION*

# ACUDETOX

*MINDFULNESS AND RELAXATION*

---

## **Relax. Release. Reboot**

If you are looking for a quiet space to reflect and decompress, join us for a morning of quiet relaxation at our mindfulness and relaxation group session. You will have the option to receive free AcuDetox treatment.

AcuDetox is a safe and standardized ear acupuncture protocol designed to treat addiction and trauma and provide stress relief.

Other benefits include:

- Reduced cravings for alcohol and drugs, including nicotine
- Minimized withdrawal symptoms
- Increased calmness, better sleep, and less agitation

AcuDetox sessions are Thursdays at 9:30 a.m. at the Volunteers of America Bill Daniels Veteran Services Center.

**Call 720-944-3500 for more information.**