

Self-Cupping for Spring Health Workshop with Noah Schillo, Registered Acupuncturist

Come learn and practice cupping along your body's two fascial channels that represent the wood element, Spring, and support the Liver & Gallbladder channels in Chinese Medicine.

Cupping Health Benefits Include:

Soothed muscle tension and pain relief
Reduced stress and anxiety
Immune system support...and many more



\$35-55, sliding scale. The silicone cups can be purchased at the clinic or bring your own

Date and Time: Sun, Apr 30th from 3-4:30 PM

AT COPPER MOUNTAIN CENTRE 202-239 Menzies St.

For more information contact Noah directly at 778.533.8118

To book, visit **coppermountaincentre.com** or call **250-382-3469**