

COMMUNITY ACUPUNCTURE CLINIC

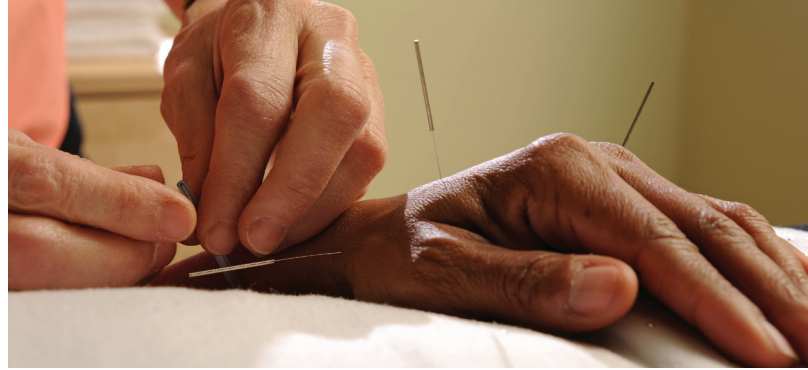
Every Wednesday, 3:30-6:30PM
Recovery Lounge at Inca | 855 Inca St, Denver

What is Community Acupuncture?

A model of health care where several patients can be cared for in the same room, with curtains or room dividers for a semi-private experience.

Preparation Guidance

- Arrive well hydrated and please have eaten within a few hours of your appointment
- Wear loose-fitting clothing to allow access up to your knees, elbows, and head
- Per COVID requirements, please wear a mask and sanitize hands upon arrival
- Remove your socks and shoes when seated



Upon Arrival

- This is a sliding scale clinic, we invite you to pay what you can. Suggested payment ranges from \$10 to \$40 and will be collected upon arrival.
- Fill out paperwork and bring to the chair and give to your practitioner for intake procedure.

Accepted Payment Methods: Cash or Card

What to Expect

- The needles we use are single-use, stainless steel, and as fine as your hair.
- Needles are inserted at specific acupuncture points throughout your body.
- When the needle is inserted it will feel like a barely noticeable pinch, though this does depend on your sensitivity. Sensations most often reported are dull, achy, zinging, warm, electric, or buzzing feelings.
- Afterwards you may feel very relaxed and/or very alert. To maximize the effects of your treatment, please plan to avoid alcohol, drugs, rigorous exercise, or anything else that may be a shock to the body following your appointment.

During Your Appointment

- **Intake:** You will have 20 minutes with the practitioner to discuss health concerns and then receive your acupuncture treatment.
- **Treatment:** You will sit and rest for about 30 minutes with needles in, relaxing and restoring.
- **After Care:** The practitioner will remove needles and give you any follow up health care advice.

Have questions?
We're here to help!

HARMONIZING THE MIND, BODY, AND SPIRIT TOGETHER TO ALLEVIATE SUFFERING.

Scan to schedule your next appointment

