## ACUPUNCTURE

## NOW AVAILABLE IN OUR COCKEYSVILLE LOCATION 12 GALLOWAY AVENUE



## Acupuncture can deepen the benefits of your current therapies and has been used for thousands of years to:

- Relieve physical pain.
- Relieve emotional pain such as anxiety, depression, worry and frustration.
- Improve sleep.
- Improve digestion.
- Improve general well-being
- Calm the nervous system and clear the mind.

People experience many other benefits when the body and mind are balanced through the use of acupuncture.

## For more information and to schedule appointments, contact Jeanne Crane.

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Insurance Accepted CareFirst BCBS, Cigna, Johns Hopkins EHP