

COMMUNITY WELLNESS HOUR @ AOMA

Join us for an hour of wellness and self-care! **FREE**
NADA acupuncture, group support, mindfulness
exercises, and more. All are welcome!

NADA acupuncture helps reduce the stress and suffering
of those affected by disaster or conflict, whether related
to a traumatic event or daily life.

Thursdays 12:45 - 1:45 pm
4701 Westgate Blvd. Room E4
512-467-0370



AOMA
GRADUATE SCHOOL of
INTEGRATIVE MEDICINE