

# ROCHESTER COMMUNITY ACUPUNCTURE

*Safe. Affordable. Effective.*

Open Monday-Saturday  
Day & Evening Hours

**\$15-\$35 Sliding Scale per treatment.  
You decide what you can afford.  
No questions asked.**

**Located in Village Gate Square**  
302 North Goodman Street, Suite 403  
*(4<sup>th</sup> floor, above Salenas Mexican Restaurant)*  
585-287-5183  
[www.rochestercommunityacupuncture.com](http://www.rochestercommunityacupuncture.com)

## Current Specials

### 2 for Tuesdays!

**Now Through January 31st!**  
Schedule a follow-up treatment for yourself on any Tuesday, and bring a friend or family member or co-worker or loved one for FREE!

This appointment includes time for you to have an acupuncture follow-up and your friend to try a treatment for FREE. No first visit forms are needed, as this visit does not include a first visit consultation.

### Punch Cards!

**Buy 10 Treatments, Get 1 Free**  
We offer Punch Cards year round, at our sliding scale of \$150-\$350 for 10 treatments, with the 11th treatment free

**SPECIAL THROUGH JANUARY 1st**  
From now until January 1st, 2012, you can get a punch card for \$125! That's 11 treatments for just \$125!

### Spontaneous Specials!



For Special Deals & Offers  
We will periodically post specials like:

- 2 Treatments for 1
- \$15 for New Patient
- Free Treatment Days
- \$10 Follow-Up Visits

## WINTER WISDOM

If you watch the natural world you will see that the days are growing shorter, the temperature is falling and many animals are preparing for hibernation. Plant seeds and roots are hidden underground, waiting for spring to bloom. Rest, stillness and inner power mark the winter season. Winter offers a chance to gather our own reserves of power that we will need in the spring.

The unique characteristics of winter sometimes seem in opposition to our busy schedules and the demands of our day-to-day lives. When we make time for stillness and rest our bodies will be ready for the renewal that comes in spring. Are you feeling in tune with your true nature? Are you getting enough rest? Do you allow yourself to be still? Do you give yourself time to regenerate?

Acupuncture can help by boosting your immune system and promoting rest and relaxation. Make sure you are taking the time to take care of yourself this winter!

### GREAT WINTER FOODS:

- Warming Cinnamon & Ginger.
- Garlic, Garlic and more Garlic!
- Roasted Veggies, especially Root Vegetables, and Beans.
- Soups, Stews, Stir-fry and Curries.
- Miso & Seaweed.

### STAYING HEALTHY IN WINTER:

- Wash your hands frequently, and try not to touch your face.
- Drink lots of water.
- Get plenty of sleep.
- Reduce stress--anger, frustration, and stress weaken your immune system!

“In seed time learn, in harvest teach, in winter enjoy.” William Blake

## New Year's Resolutions that RCA can help you keep this year:

Get More Sleep

Stay Healthy

Be More Active

Save Money

### HOLIDAY CLOSURES/SCHEDULE CHANGES

We will be CLOSED:

Saturday December 24th

Monday December 26th

Monday January 2nd

*Please note: We will be OPEN on New Year's Eve Day, Saturday December 31st from 9am-1pm!*

Happy Holidays!

Gift Certificates are available for any amount!



## Clinic Reminders

Please keep in mind the following clinic policies as we enter into the winter months:

### Cancellation Policy

#### 24 Hour Cancellation

Please remember that we require 24 hours notice if you need to cancel or reschedule your appointment. There is a \$15 charge for appointments cancelled or rescheduled with less than 24 hours notice.

#### Missed Appointments

There is a \$15 charge for all appointments missed without notice.

### Winter Weather

We rely on our patients to be on time for appointments. Please leave extra time on cold and snowy days to get to the clinic on time for your scheduled appointment! We will notify all scheduled patients in advance if we have to close because of weather.

### Illness

REMEMBER, acupuncture can help decrease the duration of colds, allergies and winter viruses.

**Please do not cancel your appointment** if you have a runny nose, congestion, sneezing, sore throat or a cough.

However, if you have a fever, vomiting, or diarrhea you may want to consider rescheduling. We still appreciate 24 hours notice if you are unable to keep your appointment because of illness and a late cancellation fee may apply.