

BOULDER ACUPUNCTURE AND HERBS

Acupuncture for Elders and Caregivers
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7 REASONS WHY CAREGIVERS NEED ACUPUNCTURE

1. Your job is physically demanding.
Acupuncture is proven to **relieve pain**.

2. You go home tired but still can't sleep.
Acupuncture treats **insomnia**.

3. You eat on the run.
Acupuncture **optimizes digestion**.

4. You work with many people, every day.
Acupuncture **boosts your immunity**.

5. You help others age well.
Acupuncture **keeps you active**.

6. You are human.
Acupuncture **reduces stress, anxiety & depression**.

7. You care for everyone else.
Your acupuncturist is your ally in health.

Know a caregiver who could use support?

Boulder Acupuncture and Herbs provides exceptional acupuncture to elders and their caregivers. By supporting caregivers, we build strength, resiliency, and compassion into our community, a win-win for elders and the people who care for them every day.

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