

## Ear Acu Points for Managing Pain, Stress, and/or Anxiety Drop-In Group Medical Visit Appointments January 2 – December 17, 2024

This innovative and simple treatment known as “Battlefield Acupuncture,” has been shown to ease pain, stress and anxiety through the use of small ear needles, beads or seeds.

Each visit will include a check-in regarding pain, ear points, a mind-body skills practice, following reflecting upon your experience with Q & A and setting intentions for self-care.

**WHAT:** Ear Points for Pain Check-in, Drop-ins (Subject to date or time changes.)

**WHEN:** Tuesdays (In-person)

**February 13 – April 16 (Skip February 6 and March 12)**  
Tuesday Mornings, 10:30am – 12:00pm

**April 23 – December 17 Tuesday afternoons from 1 - 2:30 pm**  
(Subject to future date or time changes check the website for updates.)

Choose what dates and times work best for your schedule.

**TIME:** Please arrive at the appointment desk 15 minutes early to check in.

**WHERE:** Whittier Clinic, 2<sup>nd</sup> Floor Group Medical Visit Space.

**Questions? Ready to schedule? Call 612-873-8048**



These group visits are led by **Sue Haddow, MD**. Dr. Haddow is a doctor at Whittier Clinic. She is trained in Integrative and Functional Medicine as well as battlefield acupuncture. Dr. Haddow has a passion for sharing skills and resources that people can use to meet their health goals.

For more details other group visits, logistics and insurance coverage visit, [Group Medical Visits - Hennepin Healthcare](#) or Email: [groupvisits@hcmcd.org](mailto:groupvisits@hcmcd.org) or call 612-873-8048.