



Families Against Narcotics  
Your **connection** for information, resources, and support.

Washtenaw Families Against Narcotics Presents

# Acupressure for Recovery

## A self-care workshop

Washtenaw FAN is excited to continue a series of acupressure workshops for those in recovery as well as their families.

Hosted virtually, this two-part workshop will empower those seeking to maintain their sobriety with methods for managing anxiety, mood, and overall health on the road to recovery.

### **Session 1:**

Tuesday, January 11th 7-8pm

*Acupressure points and self-care*

### **Session 2:**

Wednesday, January 12th 7-8:30pm

*Meridian Flows/Yoga Workshop\**

**Learn More and Register:**

<https://bit.ly/A4Rec0122>

*To ensure an interactive learning experience, workshop is limited to 10 participants.*

*\*To attend session 2, you MUST have attended session 1*



# Acupressure for Recovery FAQ

## *What is Acupressure?*

Acupressure is an ancient form of massage that is one of the treatment methods used in Traditional Chinese Medicine. The goal of acupressure is to encourage the movement of qi (“life energy”) through the 14 channels or meridians inside the body. Acupressure is similar to acupuncture, but the person uses their fingers instead of needles to work the point.

## *Why Acupressure?*

There are tried and tested pressure points in the body that, when stimulated through pressure, improve stability, reduce cravings and strengthen self-esteem and willpower — which are vital in maintaining sobriety. Acupressure is something that you control yourself to give you the power and control over your healing process. You don't have to go anywhere or pay anything. This assists you in empowering yourself to take care of you and find your own health care.

## *What Will be Covered in these Workshops?*

### **Session 1: January 11 — 7:00pm – 8:00pm EST**

This is a 60-minute workshop starting with 10 acupressure points. Participants will learn where the points are on the body and practice acupressure while learning the benefits of each point. At the end of the workshop, they will be given information on resources to continue the practice of self-care acupressure for recovery.

### **Session 2: January 12 — 7:00pm – 8:30pm EST**

We will explore Meridian flows through a yoga class/workshop. This 90-minute yoga class will incorporate all of the acupressure points from the Session 1 Workshop. This is called a Meridian flow as we will be working down the Meridian flow (head to toe down the center of the body) of acupressure points. The yoga poses will be restorative and in a yin style.

## **Learn More and Register:**

<https://bit.ly/A4Rec0122>



Families Against Narcotics  
Your *connection* for information, resources, and support.