

The mission of the AAC is to provide a unified voice to practitioners and students of AOM by involving and communicating with members, educating the public, and influencing legislation to promote and protect AOM in Colorado.

AAC 28th Annual Conference 2011 “Back to Basics”



September 30 - October 2, 2011
at the Doubletree Hotel
Denver, Colorado

www.AcuCol.com

303-572-8744

The Conference is Coming! The Conference is Coming!

We are excited about the new structure of this year's conference!

ANNUAL MEETING: This year we are kicking off the conference with our annual meeting. You will also have the ability to pre-register for the conference on Friday from 4-5 p.m. Won't it be nice to sleep in a little later Saturday? The annual business meeting will begin at 5 p.m. This meeting will bring members up to date on what has been going on within the organization and our state legislatively, bid farewell to outgoing board members and induct new board members. We will also have important information about our Sunset Review. AAC has set up a Sunset Review Committee that has already been diligently working on what our Practice Act will look like going through the review process. This review gives us the ability to practice acupuncture legally in the State of Colorado as well as define our Practice Act. Continued licensure must be passed at each Sunset Review process. Your attendance and feedback at this annual meeting is imperative. Plus, we plan to have some fun afterwards with a reception.

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The Acupuncture Association of Colorado

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The Acupuncture Association of Colorado, Inc., as a nonprofit association, is a professional organization of acupuncture and Oriental medicine throughout the state of Colorado. The Association will encourage and foster the healing art known as acupuncture and Oriental medicine, promote acceptance of a uniform standard recognition for the unique skills and abilities of acupuncture and Oriental medicine throughout the state of Colorado, work in association with the existing Colorado medical community, and foster, encourage and promote constant upgrading of the skills, abilities, qualifications and educational requirements of acupuncturists and practitioners of Oriental medicine.

The Colorado Acupuncturist is published quarterly by the AAC. Letters, articles, research papers, news, book reviews, artwork, and advertisements are welcome. Please contact Charissa Haines at Editor@acucol.com. Materials in the journal are the opinions of the authors and do not necessarily represent those of the AAC.

Advertising rates per issue:

Full page	\$140
Half Page	\$85
Quarter Page/Classified Ad	\$50

Deadlines are as follows:

April issue - March 1st
July issue - June 1st
October issue - September 1st
January issue - December 1st

If you have events to post on the calendar or products and services to advertise, please contact the editor, Charissa Haines: Editor@acucol.com

We encourage you to take advantage of the discounts and services that are offered by our advertisers. Their support helps us reduce our operating costs, so that we may better serve our members.

President's Column: Denise Ellinger, L.Ac.

Dear Members:

As I near the end of my term as President of the AAC I want to thank you for the opportunity to be involved with the Board. It has been a fascinating, challenging, enriching and memorable experience. I have had the opportunity to work with acupuncturists who are not only dedicated to their profession but to their community. I have met and become better acquainted with some of our "founding fathers" as well as members who have consistently shown up year after year to keep the AAC going and growing.

It's been an eventful year, especially legislatively. HB1186 for insurance parity passed and was signed into law by Gov. Hickenlooper. The NADA bill for mental health workers did not pass this session but we anticipate seeing it again next session. The PR committee is involved in some exciting new projects as well as the Community Committee. You have an involved, diverse and committed board that is passionate about making your association the best it can be. The community has rallied for legislative issues and gathered for some happy hour camaraderie.

We are in for some exciting times and changes in our profession both locally and nationally. Stay tuned and hold on; you don't want to miss being involved in the continuing evolution of our profession. Stay in touch and involved with your community. It is no joke that there is strength in numbers. Thank you for your support and involvement in the ability for us to practice acupuncture in Colorado.

Sincerely,

Denise Ellinger, L.Ac.
President



**SAVE THE DATE FOR THE
28TH ANNUAL ACUPUNCTURE ASSOCIATION OF COLORADO CONFERENCE
BACK TO BASICS**

**ANNUAL MEETING WILL BE HELD
SEPTEMBER 30, 2011 FOLLOWED BY A RECEPTION
CONFERENCE WILL BE OCTOBER 1 AND OCTOBER 2, 2011**

**WATCH FOR UPDATES
IN THE MAIL - ON THE WEBSITE AND VIA CONSTANT CONTACT**



Dr. Frank He Keynote Speaker at AAC 2011 Conference

by Amy Dickinson, L.Ac.

I had the great pleasure of studying with Dr. Frank He, L.Ac., Q.M.E. at Five Branches Institute in Santa Cruz, CA. Dr. He was the Acupuncture chair at this esteemed school, despite his young age. Frank was always an inspiration to me and the other students at FBI. His Practicum and Sports Medicine clinic were always one of the first to fill up. After I graduated, I wanted to study with him more, and brought him to Colorado several times to teach Muscle Channel Technique and other subjects. These Continuing Ed classes were always very, very well received by the attendees.

Dr. He is an international lecturer who specializes in pain management and fast recovery for his patients. As the

developer of Muscle Channel Technique (MCT), Frank offers practitioners incredibly efficient and powerful tools that can be learned easily. His style of teaching is friendly and open – he wants you to know all his TCM secrets!

Frank is the founder of the Five Branches Sports Injury Clinic in addition to being the chair of the Acupuncture Department of Five Branches University of Traditional Chinese Medicine in Santa Cruz, CA. He was trained in China at Liaoning University of TCM, and later practiced at its affiliated hospital and the Shenyang Neurology Hospital. Prior to his eight years of formal acupuncture study, Frank worked under the guidance of his grandfather, a long time TCM specialist as well.

Dr. He is one of the ‘Founding Fathers’ of one of the most dynamic and exciting branches of acupuncture today- acupuncture which specializes in the treatment of athletes.

Frank has a wealth of knowledge and experience in this field, and an opportunity to see him in Colorado should not be missed.

It’s Not Just Acupuncture. It’s Muscle Channel Technique (MCT)!

October 1

- MCT: effective dosage of acupuncture treatment
- Brief review of current acupuncture protocols in pain management
- Brief review of current biomedical approaches to pain management
- Mechanism and clinical applications of MCT in pain management
- MCT Case presentations

October 2

- MCT: beyond pain relief-performance enhancement
- Brief review of factors affecting athletic performance
- Clinical applications of MCT in athletic performance
- MCT Case presentations



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Introducing AAC's Office Manager (and Newsletter Editor)

Charissa Haines

Charissa Haines is a native Coloradoan. She graduated from South High School in Denver and her education has primarily been through employment opportunities. Administration is part of her makeup, and she has used it in a variety of ways. Charissa has worked for a myriad of employers, including the government, fashion design, graphic design and printing, a greeting card company, a university, and a church. She and her husband, Ernie, owned and operated their own print shop in the 80s. She was also licensed and ordained as a Minister in a Messianic Congregation (Christians who follow many of the same holy days and practices as Judaism).



Family has always been important to Charissa (she and husband Ernie have been married for 27 years), and she has one son, Spencer who is married and has one child, Asher. She also has 4 stepchildren (Tiffanie, Tyler, Dena, Dana) who are all married and have children. She and Ernie have a total of 8 grandchildren. She is delighted to spend two days a week watching Asher, who just turned one year old in April. Other interests are reading, writing (she hopes to publish one day), golf, bowling, playing cards and other games, directing/writing dramas & acting in them (primarily for her church) and enjoying family and friends. She also does transcriptions from home, and bookkeeping for her local congregation.

Charissa is excited to join AAC as the Office Manager. Everyone she has spoken with seems kind and more than willing to help her get acclimated. She is looking forward to learning more about acupuncture (she is not an acupuncturist) and the people who work in this field who really seem to have a desire to help others. Charissa's desire is to serve the AAC members in any way she can. She recently took on the job of Newsletter for AAC and will appreciate any future articles to be directed to her.



Student Representative Matt Kestler

Hello students of Acupuncture and Oriental medicine. I hope your summer schedules are off to a great start. The AAC is already gearing up for a busy Summer and Fall and is in need of volunteers for several events. The first is the Colorado Dragon Boat Festival and it is coming up on the weekend of July 30th and 31st. I volunteered last year to help answer questions and direct patients who were coming to the booth to receive Acupuncture treatments (many for the first time) and in one morning was asked for my card at least a dozen times. This type of outreach is invaluable for students who are graduating this summer or Fall. How else can you spend a day at a great Colorado festival and recruit patients at the same time?

Also, we're looking for volunteers for the AAC annual conference coming up this Fall. As a volunteer, your admission is free and you get the opportunity to meet established practitioners in the field, interact with vendors, and listen to the talks. This is a fantastic networking opportunity and great experience. As students we are just at the very beginning of our journey into Acupuncture and Oriental medicine and the insight of our more experienced practitioners is invaluable.

Finally, don't think that festivals and the conference are your only avenues for volunteer work. The AAC is staffed entirely by volunteers, people who care enough about all of our continued success that they are willing to give their time, money, and energy. The only way we can continue to expand our presence in the medical marketplace is if we are all involved. While we do not have the same financial resources or even the same number of practitioners as other fields we do have a wealth of creativity, passion, and wisdom that when used collectively can move mountains. Volunteer for the PR committee and help get out the message of the AOM community, join the community committee and help organize events to help strengthen AOM unity, get involved in fundraising, or help organize events at your school. Every hour of time you donate is valuable.

If you would like to set up some volunteer time for either of these events or the AAC Board please email me at the address listed below. Thank you for your continued support of the AAC and of the medicine that not only cares for our patients but cares for us as well.

Matt Kester

The Conference is Coming! The Conference is Coming!
Annual Meeting September 30, 2011
Conference October 1-2, 2011



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Myofascial Decompression Technique (MFD)

Conference Speakers

Christy Kennedy, M.S., L.Ac., Dipl. O.M.

with Greg Shim, L.Ac.



Do you see injured athletes in your practice? Do you regularly treat runners, skiers, cyclists or avid hikers with Plantar Fasciitis, tight IT bands, or back tightness and pain? Do you wish you could do more for them? Have you ever thought about using that plastic cupping set you bought as a student in a dramatically different way? As an acupuncturist in Colorado, active and athletic patients make up the majority of my practice, and I am using a new spin on cupping to augment typical treatments and provide immediate and long-lasting results.

For the 2011 annual conference in October, I will be lecturing on the Myofascial Decompression Technique (MFD). MFD is a novel form of movement based manual therapy that combines negative pressure tools (your plastic cupping set) with Western and Eastern

medicine principals, orthopedics, and sports medicine. Negative pressure devices help release adhesions with decompression when most other techniques are often compressive in nature.

After releasing local adhesions, or lengthening fascial planes with myofascial decompression, it is instrumental to neuromuscularly re-educate to the correct movement pattern to keep the change in structure. This is why we will conduct pre and post assessments through simple range of motion testing.

You may be saying to yourself that this sounds like what PT's do right? Well, I have worked for two physical therapy clinics since 2006 and have been able to apply a physical therapy approach to using our plastic cups. You don't always have to refer your patients to a PT when you aren't getting the results you want from traditional means.



This is within our scope and my goal is to make it understandable and accessible so it can be more widely used. As we all know, without addressing the root issue as it relates to patient's impairments we often see only marginal outcomes. Simply put, MFD is another tool for approaching movement based musculoskeletal dysfunctions in the patients we see and treat.

After this work shop, you will be proficient in these areas i.e. the IT band, back and plantar fascia. You will be able to implement MFD techniques on Monday morning and see rapid and dramatic results in your patients. But this is just the tip of the iceberg! Be on the look out for our other MFD courses in a city near you that will explore other commonly seen areas. This workshop will absolutely change the way you practice. Don't miss it!





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Summer is a time of “luxuriant growth.” The fire of summer represents energetic activity at its peak, and the heart, like the sun, is central to this activity. The heart houses the *shen* and allows us to be joyfully in the here and now. There is no better season to nourish the heart in the annual cycle. Consider some of these heart-oriented formulas for you and your patients this summer:

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Ginseng and Longan Formula (*Gui Pi Tang*)

Cinnamon D Formula (*Gui Zhi Jia Long Gu Mu Li Tang*)

Heavenly Emperor’s Formula (*Tian Wang Bu Xin Dan*)

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Ramblings of a Mad Acupuncturist

Greg Shim, L.Ac.

I never bought into the whole, “meridians” thingy. The idea of magical energy flowing through invisible pathways just was not my cup of tea. I was all about the nerves and the muscles and the blood flow. I was, that is, until recently. I just became one of the few L.Ac.’s who also happen to hold a CKTP (Certified Kinesio Tape Practitioner) title. Kinesio had their annual symposium down in Orlando, FL at the end of June, and I was there to broaden my understanding of the human body.

Tom Myers, the author of *Anatomy Trains*, was the keynote speaker and Dr. Kenzo Kase, DC (the inventor of Kinesio Tape) was of course speaking, too. When I met Dr. Kase, he was excited (he’s excited almost all the time) to talk with me about meridians and whatnot. I let him know, right off the bat, that I wasn’t one of those acupuncturists who bought into that mistranslation nonsense, and that *jing mai* does not translate into meridian, but into channel, conduit, or vessel. He was a bit surprised, but we continued our discussion about muscle channels and Kinesio Tape.

Later, Tom Myers, who could best be described, by his own admission, as a massage therapist, presented a lecture that, combined with my talk with Dr. Kase, opened my eyes and exploded my ideas of the body and of the medicine that I practice. Fascia, the dew covered spider web like tissue of the body (hmmm, The Web that has no Weaver) turns out to be the real conductor of stimuli through the body - nerves are far too slow to move any impulse like *de qi* around. Nerves are more like snail

(Continued on page 10)

(Ramblings of a Mad Acupuncturist, continued from page 9)

mail in the body, and fascia is more like high speed internet. Not only that, but the fascia is grouped up in channels – fascia channels!

As soon as Tom's talk ended, I ran up to Dr. Kase and told him I was wrong about meridians. He laughed and told me, "You see! You see!" I did see, and then laughed that it took a chiropractor and a massage therapist to help me understand a concept that is deeply rooted in the medicine that I use on a daily basis.

A few other interesting points about fascia come to mind – fascia is everywhere in the body; its single filament strands go into each and every cell (connecting to the DNA)! Fascia holds everything in its place, even the mineral crystals of the bones. With deep needling, all those little fascia strands wrap around the tip of the needle, causing the needle to become stuck, but also rip adhesions (cupping with needles!). This may be old hat for some of you, but for me, it is thrilling to see our medicine in such a concrete way.

The way I see the body has changed and hopefully, it will change again over the next few years. I bring these ideas to you, the AAC members, in hopes that you'll ponder just how powerful our medicine is. Whether you're doing a very shallow needling, or a deep aggressive needling, you're sending massive stimuli throughout the whole body – almost instantaneously, and right down to our core coding! And, when we present our medicine in this language ("Language creates reality." – who was that, Lao Zi?) to other types of healthcare practitioners, we can better connect with them, and at least in my case, come away with profound, life changing ideas that can only make us better practitioners. When in Rome :-)

WILL THIS BE THE MOST AMAZING DRAGON BOAT FESTIVAL EVER??

IT ALL COMES DOWN TO YOU!!

JULY 30-31, 2011

SLOAN'S LAKE



13+ volunteers will make the Dragon Boat Festival an awesome and fun event for all of us. Can I count on you? Please check your calendars and e-mail me ASAP at aac.prcommittee@gmail.com to grab your slot right now! Don't wait please, don't think too hard!! Come have a blast!!

If you haven't been to the Dragon Boat Festival in NW Denver, it is a great time. The boat races are fun to watch, tons of great Asian booths and food! And us, the AAC, for years now, handing out free sunscreen and fans and telling people what we do!! Showing people with \$20 donation treatments. Last year we rocked, but my poor volunteers (including myself were hopping treating people, turning people away, because we often only had one person treating per shift!) We dialed it in last year with a great location, and a large tent. Kyle Liston is bringing sandwiches, drinks and more again for our great volunteers!! Come be part of the fun and the community! I also want as many people who just want to come have fun to draw out the meridians and hand out our brochures as they walk around. Even if you are just coming with your family and don't mind making a mild spectacle of yourself, we would love to have you!! Students and practitioners alike - do you remember all your points??? Ha, ha!!

Dragon Boat Festival: 9 more L.Ac.'s to treat and at least 4 more people to man the table!!

I would like to have four people per shift - 2 to talk and 2 to treat. Sunday is looking especially light!! Come on out and help the AAC raise funds and promote your practice if you are a practitioner and if you are a student, gain experience discussing our medicine with the public. It is amazing to hear the real questions they have and imperative to get good at educating!! Call me at 303-881-1971 if you have questions!

With appreciation! Tina Laue



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FRANK HE, L.AC., Q.M.E. *what makes Frank special?*

EDUCATION & EXPERIENCE *knowledge & dedication*

He spent 2 years in family practice with his grandfather in the early 1980s and trained in China for 8 years at medical school in medical acupuncture. Frank won every scholarship available at his medical school and graduated Summa Cum Laude. He spent time training in a neurology/stroke center as a research acupuncturist.

Frank was raised in a remote village in northern China and began practicing there as a barefoot doctor in 1986. He still brings his students and American colleagues to his village every year to serve the people there. In the village, He has treated various conditions not commonly seen in the cities. The village offers a family practice setting where He acts as a general practitioner to children and adults.

PASSION *health & fitness*

Frank knows sports and how to treat sports injuries. He was a champion decathlete while in medical school and was an amateur boxer for 5 years. He has helped thousands of patients return to the sports field. Among those are weekend warriors and Olympic gold medalists. Active in athletic activities in the greater Bay Area, Frank has won medals in track and field, and won the Nankai Cup volleyball tournament.



REPUTATION *qualified medical evaluator*

He is a Qualified Medical Evaluator (QME) appointed by the State of California, one of a few actively practicing Acupuncturist-QMEs among over 10,000 acupuncturists. Frank is respected in the medical field and has earned a reputation for his extensive knowledge, skills and passion. Radiologists often refer him as “Frank He, MD” because of his superior clinical judgment in the field. He has expert medical-legal knowledge of the worker’s compensation system in California and writes many fair and objective reports for personal injury cases.

Well published and respected in the field of acupuncture and Chinese medicine, He is an international lecturer traveling around the world to promote acupuncture and Chinese medicine. Frank has appeared in numerous local and national publications as an expert in the field of acupuncture and Chinese medicine – particularly in the areas of sports medicine, anti-aging, stress management, seniors’ health, and women’s health.

INVENTION *thinking outside of the box*

He has a patent pending approval for a specially engineered acupuncture needle. He has developed a unique acupuncture technique called Muscle Channel Technique (MCT)[™] or Subcutaneous Electrical Nerve Stimulation (SENS)[™] which has clinically proved more effective in pain management and injury healing.

for appointment, please contact:

Frank He, L.Ac., Q.M.E., Integrative & Sports Medicine Center
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Sunset Review Town Hall Meetings

Prior to 1983, it was illegal in Colorado to practice acupuncture. Practitioners faced cease and desist orders, and incurred legal expenses to defend their right to provide this care. In 1983, acupuncturists became registered, and in 2003, acupuncturists gained licensure. Last year, the Acupuncture Association of Colorado successfully sponsored a bill to end insurance payment discrimination. In 2013, the Acupuncture Practice Act comes in front of the legislature for renewal in a process called Sunset Review.

A Practice Act remains in effect for a time period that is specified when the Practice Act is enacted. The statute specifies that the act will be repealed on a certain date. This is called Sunsetting. A Sunset Review is the process that the Department of Regulatory Agencies (DORA), who administers all licenses, undertakes to review the effect of the law, their ability to regulate it, what other states are legislating, how a profession is evolving, and whether the public needs the protection of continuing to regulate the profession. A Sunset Report is released in October prior to the legislative session that must renew the Practice Act. That report usually becomes the basis for renewed legislation.

There are several divisions within DORA, and the division that regulates the profession, issues the licenses, and makes decisions on complaints is not the division that writes the Sunset Report. In writing the report, this DORA division will work with the profession through the state association on issue pertaining to scope.

Town Meeting Schedule

July 27 - Wednesday - CSTCM 1441 York St., Denver - 7-9 pm

August 27, Saturday - Fort Collins - 1-3 pm

Sept 7 - Wednesday - Taoist Education and Acupuncture / 325 W. South Boulder Rd., Suite 2, Louisville - 7-9 pm

Sept 10 - Saturday - Denver - 1-3 pm

Sept 10 - Saturday - Colorado Springs - 1-3 pm

Sept 17 - Saturday - Southwest Acupuncture College / 6620 Gunpark Dr., Boulder - 1-3 pm

Sept 24 - Saturday - Glenwood Spgs - 1-3 pm

Durango - Date & time TBA

Locations for the Town Hall meetings are being determined. Check the Acupuncture Association of Colorado Website at www.acucol.com for up to date information.

Would you like to help? We could use help in organizing the local social hours after the meetings. If you would like to help contact Nancy Billelo at nancyacu@comcast.net/ 720-280-4905 or Valerie Hobbs at hobbs.valeriehobbs@gmail.com/ 303-581-9955.

Acupuncture Association of Colorado

4380 Harlan St., Suite 203

Wheat Ridge, CO 80033

Calendar of Events—

AAC Members receive 10% discount

Date	Title/Description	Contact
8/27	Introduction to Injection Therapy with Michael young, LAc. Topics Covered: Injecting Homeopathics, Sarapin and Procaine; Trigger Point Injections; Basics of Cosmetic Technique. This class is limited to 6 persons; it is a hands on introduction to injection therapy.& 8/28	Practitioner: \$350; AAC 10% discount; Student rate \$275Michael Young, LAc (303) 702-0219 youngacupuncture@earthlink.net

To list your event, in the October 2011 newsletter, contact Charissa Haines at info@acucol.com

Deadline for submissions is September 15, 2011