

Ear/Auricular Acupressure

Did you know? The ear has over 200 acupuncture points on it!

Many cancer survivors experience chronic pain related to their cancer or its treatment. Acupressure can relieve a wide range of symptoms associated with cancer treatments, including pain, anxiety, insomnia and more. Acupressure is an ancient hands-on healing art that uses the same principles as acupuncture by applying precise pressure to stimulate various points.

In this workshop, Heidi Lee, L.Ac., will guide participants in learning how to apply acupressure to acupuncture points on the ear in self-care. You are invited to join us for a fun time of learning and practicing ear acupressure.

Thursday, August 1, 2024 • 9:00 a.m.

Mission Hope Cancer Center, Santa Maria
1325 East Church Street, Conference Room

Wednesday, September 4, 2024 • 4:00 p.m.

Mission Hope Cancer Center, Arroyo Grande
850 Fair Oaks Avenue, Third Floor

Please call 805.219.HOPE (4673) to register for this workshop



Heidi Lee, L.Ac., Dipl.O.M., MSTCM
Licensed Acupuncturist

■ Heidi Lee has practiced acupuncture for over 20 years. She received her Masters of Science in Traditional Chinese Medicine degree (MSTCM) in 1999 from the Academy of Chinese Culture and Health Sciences in Oakland, California. She is also a nationally certified Diplomate in Oriental Medicine (Dipl. O.M.). Heidi finds it a joy to witness and assist Mission Hope patients in improving their health and well-being.



Heidi will lead this ear/auricular acupressure class to demonstrate how to apply acupressure to acupuncture points on the ear in self-care.

Did you know?

Self-applied acupressure provides you with yet another tool to take your health and wellness into your own hands

