



From the Longevity Health Center Team

THE PULSE

SEPT 2023



MAUI MOURNS AND GRIEVES

Collectively we mourn, grieve, then will summon the courage and will to transition from a place we knew towards a new and different way of being. This is the position many residents of Maui find themselves in after the devastating wildfires altered our landscapes and families. Countless humanitarian efforts across the island began within hours after learning of the horrific devastation and will continue to be necessary for the foreseeable future.

FREE WALK-IN CLINIC

Every community member is contributing with the resources they possess and we at Longevity Health Center are doing what we can too, with the skills we know best. We have been hosting a **free, walk-in clinic** based upon an auricular (ear) acupuncture protocol beautifully designed for acute and ongoing crisis support. This clinic has been well-received and supported more than 200 treatments with a team of over 15 volunteering Licensed Acupuncturists over the last month and facilitated by our dedicated clinical support team.

Our goal is to now pivot the free auricular acupuncture offering into a more long-term, sustainable model. We will be hosting the clinic Tuesdays-Saturdays, welcoming walk-in (**no appointment necessary**) with the following hours:

TUESDAY 9 AM - 10:30 AM

FRIDAY 2 PM - 3:30 PM

WEDNESDAY 2 PM - 3:30 PM

SATURDAY 10 AM - 11:30 AM

THURSDAY 9 AM - 11 AM

HOURS OF OPERATION:

Monday - Friday 9am - 6pm

Saturday 10am - 3pm

By Appointment • Insurance Accepted

COMMUNITY ACUPUNCTURE

We are also happy to announce the re-launch of our **Community Acupuncture clinic** with expanded hours. Community Acupuncture is performed in reclining, zero-gravity chairs with four chairs in one large room. A brief, private consultation is offered prior to a 30-minute acupuncture treatment in the group room at an affordable cost of \$50 for new patients and \$40 for existing patients. This clinic will now be available with select hours Monday-Friday. Although a walk-in appointment may be available, we encourage scheduling in advance as demand is high and appointment slots are limited.

MONDAY 2 PM - 4:30 PM

THURSDAY 1:30 PM - 3 PM

TUESDAY 10 AM - 12:30 PM

FRIDAY 12 PM - 3:30 PM

WEDNESDAY 2 PM - 4:30 PM

Finally, our movement therapy and lifestyle education program, specifically our Therapeutic Class Series, will continue to remain paused for the remainder of September but we hope to resume in October.

"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve."

EARL GROLLMAN

ACUPUNCTURE • CHINESE HERBS • MASSAGE • MOVEMENT THERAPY • LIFESTYLE EDUCATION

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