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# FREE YOGA

## WEEKLY - NORTHAMPTON

Mon 7:00-8:30pm, 32 Masonic St. back entrance

Thurs 3:30-5pm Forbes Library

Sliding scale \$0-\$12. Led by certified teacher; beginners welcome; join anytime; open to community. Since 2002!

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# FREE ACUPUNCTURE

## WEEKLY - NORTHAMPTON

Mondays 4:30-5:30 43 Center St., downtown

Sliding scale \$0-\$12. Group ear treatment by licensed acupuncturists. Excellent for stress, insomnia, cravings, anxiety, and detoxification. Drop-in; no questions asked: open to the community, weekly since 2004  
Learn about your body's own healing energy!

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# SUPPORT GROUPS

## WEEKLY - NORTHAMPTON

Thursdays 5:30pm: writing group

Thursdays 7-9pm: general support and advocacy  
43 Center St., (side entrance), downtown

Alternative, inclusive, and non-judgmental. Open to anyone with a diagnosis, trauma survivors, or who experience extreme states of consciousness. Meds/no meds welcome.  
Drop-in; newcomers encouraged. Free.

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*Sponsored by Freedom Center, an award-winning, survivor-run group working for human rights and holistic alternatives, 877 677 6424. We also offer advocacy, activism, education, public events, a radio show, and more.*

*Created by volunteers with a shoestring budget and love.*

**[www.freedom-center.org](http://www.freedom-center.org)**

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