



## Phase 1 – Acute/Relief Care

Phase One is dedicated to relieving your Chief Complaint. We treat you 2-3 times a week for 3-5 weeks.

## Phase 2 – Corrective/Restorative Care

In this phase we treat less often, but you haven't graduated yet! Keep up with your appointments to stabilize your progress and also address underlying imbalances.

## Phase 3 – Maintenance/Wellness Care

As you know, maintenance and wellness requires ongoing effort. To help maintain your progress and continue to build a strong foundation of vibrant health come in for maintenance treatments on a monthly or quarterly basis. These last two phases of treatment are THE MOST IMPORTANT to keep you healthy!



**Joy Acupuncture Health Centre**

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