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## ACUSTIMULATION

**Saturday 5<sup>th</sup>  
December  
Nowra NSW  
9.00am to 5.00pm**

A **one-day face-to-face ACUSTIMULATION** workshop for health professionals/birth workers caring for women during pregnancy, labour, birth and the postnatal period.

Gift pack includes: 2 cups, 1 moxa stick, 1 gua sha, 10 press pellets, 2 acupressure bands.

Access to Acustimulation support group for ongoing mentoring.

| Workshop Outline                                                                           |
|--------------------------------------------------------------------------------------------|
| Preparation for birth – what tools can be used for cervical ripening and birth preparation |
| Acupressure for pain relief in labour, troubleshooting challenging situations              |
| Adapting to medical interventions, such as induction, epidural and EFM                     |
| Bringing it all together – preparing prospective parents and midwives                      |

**Tutors:** Dr Kate Levett (PhD) and Heidi Williams (RM/PPEM, PhDc)

If you are interested in attending our Acustimulation workshop, please complete the below registration form and email [acuneedling@gmail.com](mailto:acuneedling@gmail.com)

All materials, and morning and afternoon tea are included.

**Workshop cost is \$400.00. Limited to 20 spaces!**

Bank details are Heidi Williams BSB: 182-182 ACCT: 011196052

### Registration

Name ..... DOB.....

Address .....

Phone number/s.....Email address.....

