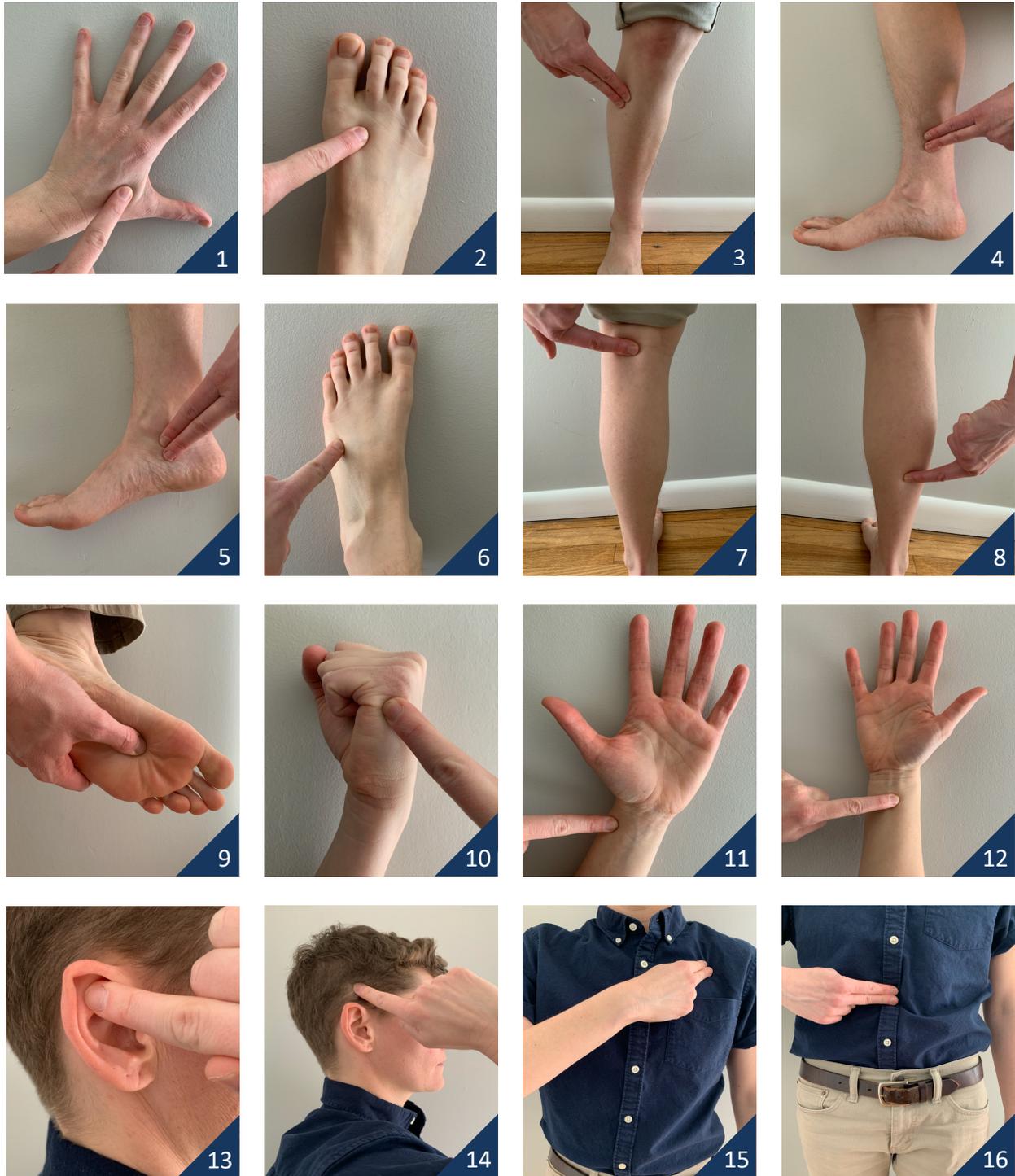


ACUPRESSURE

Acupressure Point Prescription: _____

Directions: Circle the pictures that match the above points prescription, massage points for 30 seconds each in circular motion, use the amount of pressure that is most comfortable



ACUPRESSURE

