

Hallowell Center
144 North Road
Sudbury, MA 01776

DON'T LET ANXIETY HOLD YOU BACK

Come to the Hallowell Center in Sudbury and experience a safe, effective and medication-free approach.

The holidays are upon us! If you're struggling with anxiety, it may be hard to recall the last time you weren't feeling tense, worried, or on edge. Anxiety can cause sudden panic attacks, may interfere with your personal or professional responsibilities, and is often tied to depression and insomnia. When you feel overwhelmed, you need a *safe and rapid* solution that can relieve your anxiety and help you regain your confidence and zest for life.

The **Alpha-Stim[®] AID** is a small device that uses proven, safe and effective **Cranial Electrotherapy Stimulation (CES)** to dramatically reduce anxiety symptoms. The technology is based on an exclusive patented waveform that is the most researched and proven of its kind. The waveform passes between two electrodes that clip on to your earlobes, sending a signal to your brain that helps to reduce anxiety.



To set up a 30 minute Alpha Stim demonstration session with a Hallowell Center clinician and certified AlphaStim provider, Rebecca Shafir, at 978 287 0810.
\$75 fee