

Peralta Community College District

STUDENT SERVICES ANNUAL PROGRAM UPDATE

Academic Year 2013-2014

This presents the common elements to be addressed by each student services unit/area in its annual program update. Depending on College preferences, elements may be formatted or addressed slightly differently.

I. OVERVIEW

		Date Submitted:	February 24, 2014
College	Laney	Adm	Dr. Vasconcellos
Unit/Area	Health Services		
Completed By:	Indra C. Thadani RN. MS		
Mission/History and Description of Service Provided <i>Brief, one paragraph.</i>	<p>The mission of the Laney Health Services and the Peralta Wellness Center is to further the equity of educational opportunities and success of all students by providing access to health services which promotes and maintains the physical, social, and spiritual well-being of students.</p> <p>Wellness is essential to students performing well in classes and being successful in their personal lives. We are committed to providing high quality health promotion through: health assessment, education, selected health and disease prevention programs.</p> <p>Our programs are designed around the concept of wellness that integrates all elements of a person's life: physical, emotional, social, spiritual, intellectual, financial, environmental and occupational wellness.</p> <p>Laney Health Services also responds to campus emergencies and provides first aid.</p>		
Student Learning Outcomes (SLOs) <i>(or Service Area Outcomes-SAOs, or Program Learning Outcomes-PLOs)</i>	<ul style="list-style-type: none"> • Will provide health screening and appropriate referral to 90% (or >) of clients needing this service. This objective was met 100% • Arrive to emergency situations 90% (or >) of the time within 15 minutes of the call reception. The nurse has been able to arrive at emergency situations within 5-15 minutes (when available in the clinic depending on the location of the incident on campus. • Call Sheriff's office 95% (or >) of the time if nurse is off campus. This outcome has been met, no recorded incidences of Sheriff's office not knowing when nurse is not on campus. • Will provide first aid to 90% (or >) of the clients coming into the health clinic for minor injuries. Out of the 37 injuries that were presented to the Laney clinic 35 were treated, 2 did not need first aid. • Will provide blood pressure education to 90% (or >) of the clients that come in for BP checks. This objective was met at 100% • 90% (or >) of students will be able to access appropriate health services as a result of checking the Laney Health Center website and/or coming into the Health Center. 		
SLO/SAO/PLO Mapping to Institutional Learning Outcomes (ILOs)	<p><i>College ILO #1: Academic Excellence</i></p> <p><i>The college nurse also teaches two health courses in the fall. Every fall the students evaluate the course and last fall's evaluations are attached as addendum A. Students rate my teaching and the course very high. Average 4.8/5 (5 being excellent).</i></p>		

II. ASSESSMENT, EVALUATION AND PLANNING

Quantitative Assessments	
<p><i>Include service area data such as number of students served by your unit/area. Include data and recommendations from program review.</i></p> <p><i>Include data used to assess your SLO/SAO/PLOs.</i></p>	<p>Please see Addendum B for Spring and Fall 2013 statistics for details. To summarize: in the spring 145 students were seen (we are still missing some sign in sheets due to the move), in the fall, 2013, 246 were seen. The top needs were health assessment, eye exam program and supplies (band aids, over the counter meds) and miscellaneous questions about health insurance, and other health topics. In the Spring, the top age range was 25-30 years, in the Fall; it was 19-24 years. As usual, twice as many females were seen and the top ethnicity seeking care were African Americans.</p> <p>Health Checkups (assessments).....38 Supplies.....79 Eye exam consultation.....72 Injuries.....37 Miscellaneous questions about health.....55 Flu shots.....68 Outreach/education in student center (#of referral so topics covered)2,332 21 classroom presentations.....716</p> <p>The first SLO from Health 01 course: “Students will achieve a higher average on the health assessment survey (100 question health survey that they complete at the beginning and end of the course). The target was 80% would score higher and the actual result was 81%, The second SLO: Students will address 3 health behavior changes during the semester and describe this process for a final paper, goal was 90% and the result was 94%. The third SLO: “students will work cooperatively on a research health topic and present this project to the class, and receive a grade of 80% or higher”. All students worked on a project together, and presented it to the class 100%, however, only 66% received 80% or higher. Next SLO cycle I will rewrite this SLO to not have two parts.</p>
Qualitative Assessments	
<p><i>Present evidence of community need based on advisory committee input, student surveys, focus groups, etc.</i></p> <p><i>Include data used to assess your SLO/SAO/PLOs.</i></p>	<p>In the fall of 2013, a special team of researchers were hired by the District to administer the National College Health Association (NCHA) health needs assessment with my assistance. Laney and other PCCD colleges had a few hundred randomized courses selected to participate. We should receive the results this semester.</p>

Identifying Strengths, Weaknesses, Opportunities, and Limitations

<p>Strengths <i>What are the STRENGTHS of your unit/area?</i></p>	<p>Since this is my 15th year at Laney I have a deep understanding of our student’s health care needs last year. I participated on:</p> <ul style="list-style-type: none"> • College Council • Co-Chair Health, Safety and Security Committee • Participated on the Student Health Advisory Group • Student Services Council <ul style="list-style-type: none"> • Title III task force • District Sustainable Peralta Committee • Faculty Senate <p>My involvement in shared governance keeps my colleague informed about health services for referral and networking. Other strengths: increased utilization and education through outreach</p> <p>I am able to do special health education projects, for example, in the fall of 2013, several athletes were having problems with marijuana use. I met with the five Af. Am men for five weeks and the outcome was very favorable, for the time they attending the workshops with me, their marijuana use was cut by about 90%! I did encourage them to in addition to my meetings to get some personal counseling and also invited Dr. Jacinda Marshall to attend, however, her schedule would not allow for her to meet with them, but she did send an older Af. Am male who had been a Vet and had substance abuse issues, so it really helped the athletes!</p> <p>Annual Wellness faire continues to grow each year, the last two years we had an informal SLO, which got students to write out what they learned about in regards to various health organizations. Acupuncture massage program closely monitored for Quality which was very highly rated, please see addendum C</p>
<p>Weaknesses <i>What are the current WEAKNESSES of your unit/area?</i></p>	<p>WE lost our ability to do TB skin testing when the Alameda County MD retired, <u>also, we the health, safety and security committee(HSS) has wanted the district to get a “Epinephrine protocol” in place since more and more students are coming for first aid with food allergies and even one staff member (who is also on this committee). The HSS Committee has been advocating for this protocol for over a year.</u> <u>No full time receptionist or health educator to reach more students and educate them about the benefits of a wellness lifestyle.</u></p>
<p>Opportunities <i>What are the OPPORTUNITIES in your unit/area?</i></p>	<p>To bring together Eastern and Western health practices leading to a more integrative health care system! As President Elect for Health Services Association, CA Community Colleges (HSACCC), I introduced to the executive board the idea that colleges make the effort to share program reviews and learn from each other. I looked at Orange Coast this last year, and it was very helpful to see how we can improve here and also share our successes. I hope a more formal program will occur when I am President.</p>
<p>Limitations <i>What are the current LIMITATIONS of your unit/area?</i></p>	<p>Not having a full time receptionist/healtheducator is problematic in that student workers and interns have to keep their studies a priority. So, several times during the semester work slows down or ceases completely! A full time person would improve the quality of service and extend my work!</p>

Action Plan for Continuous Improvement

Please describe your plan for the continuous improvement of your unit/area.

- Do a patient satisfaction survey in the spring of 2014
- Expand my role with the district to improve processes for Laney and other PCCD students (ensure utilization data is received from our contract provider : Asian Health Services)
-

Additional Planned Educational Activities towards FTES, Student Success, Persistence, and Completion
 Describe your unit/area's plan to meet district FTES target and address student success, persistence, and completion, especially for unprepared, underrepresented, and underserved students. (See Student Success Scorecard-<http://scorecard.cccco.edu/scorecard.aspx>)

<p>Meet District FTES Target for AY2013-2014 of 18,830</p>	<p>[text]</p>
<p>Increase Student Success</p>	<p>The research shared on “Student Success Redefined(SSR)” mentioned the following areas that students voiced a need from our educational system: Directed, Focused, Nurtured, Engaged, Connected and Valued. The health care here at Laney provides nurturing and connection. The courses taught by myself are evaluated each semester that I teach and I ask questions about whether or not students feel that I care about their success and they rate this quality very highly as well as say that I am “warm and very helpful”. Students in this study(SSR)also mentioned “wanting to get good grades”. So, I give many and varied opportunities for students to achieve the best grade possible (eg. Extra credit for going to a PTSD seminar and writing a description paper)</p>
<p>Increase Persistence <i>Percentage of degree and/or transfer-seeking students who enroll in the first three consecutive terms. This metric is considered a milestone or momentum point, research shows that students with sustained enrollment are more likely to succeed.</i></p>	<p>My hope is to look at students who enter our health care system here at Laney and the Peralta clinic to see if they have higher, lower or same rates of persistence.</p>
<p>Increase College Completion <i>Percentage of degree and/or transfer-seeking students who complete a degree, certificate or transfer related outcomes.</i></p>	<p>Please see above</p>

III. RESOURCE NEEDS

Human Resource/Personnel

Please describe any human resource/personnel needs for your unit/area.

Already stated

Current Staffing Level:		Headcount	FTE Equiv.
	Faculty (Permanent)	1	.75
	Faculty (PT/Adjunct)	[#]	[#]
	Classified Staff (Permanent)	[#]	[#]
	Classified Staff (Hourly)	[#]	[#]
	Students	[#]	[#]
	ICC/Consultant/Other	[#]	[#]
<p>Narrative: Describe the current staffing level in relation to the relative need for effective delivery of your unit/area's programs and services.</p> <p>Discuss any current position vacancies, the need for additional personnel, the need for permanent faculty/staff instead of adjunct/hourly personnel, etc.</p> <p>Describe implications of the current staffing level in your unit/area to overall service delivery.</p>	<ul style="list-style-type: none"> • Currently the nurse is .75FTE(.25 is a district Director of Peralta Wellness position) to provide the following functions: <ul style="list-style-type: none"> • health screening and referral (e.g. to the Peralta Wellness Center, University of California for eye care, and Berkeley free clinics, low cost Dental clinics) • Tuberculosis testing, which is a requirement for child development courses doing externships and other programs that require TB testing like tutoring? Has been put on hold due to loss of Alameda County MD. • Health education through one to one and small group meetings • Maintaining a current health education library with books, pamphlets, tapes and DVDs • Education and outreach through Health Center website • Class presentations (e.g. stress management, wellness, medication management, discuss nursing and other health careers) • Teaching two Health Courses (one is 3 units and one is 1 unit) in the Fall Semester • Provide emotional support to students • Counsel faculty, especially new faculty on student health related issues • Annual Wellness Fair (about 25-30 health organizations that provide education and outreach) • Annual Flu Shot Clinic • Responding to emergency calls from classroom incidents, on the track field to the Child Care Center • Annual events for smoking cessation and breast cancer education and awareness • Outreach education for crisis management and sexual assault <p>For an institution of this sized another part time nurse or health educator/receptionist would greatly aid in quality of health service</p>		
<p>Human Resource/Personnel Requests List your human resource/personnel requests in prioritized/ranked order.</p> <p>Human resource/personnel requests will go through the established College and District planning and budgeting process.</p>	<p>1 FTE receptionist / health educator .5 FTE Nurse</p>		

Facilities/Infrastructure

Please describe any facilities/infrastructure needs for your unit/area.

<p>Narrative: <i>Describe the current facilities/infrastructure of your unit/area in relation to the relative need for effective delivery of programs and services.</i></p> <p><i>Describe implications of the current state of facilities/infrastructure in your unit/area to overall service delivery.</i></p>	<p>Now that we are back in the Tower, we have adequate space for all functions.</p>
<p>Facilities/Infrastructure Requests <i>List your facilities requests in prioritized/ranked order.</i></p> <p><i>Facilities requests will go through the established College and District planning and budgeting process.</i></p>	<p>[text]</p>

Technology

Please describe any technology needs for your unit/area.

<p>Narrative: <i>Describe the technology needs of your unit/area in relation to the relative need for effective delivery of programs and services.</i></p>	<p>It would be great to have a self-check in through SARS, this would aid in writing reports and monitoring quality.</p>
<p>Technology Requests <i>Technology requests will go through the established College and District planning and budgeting process.</i></p>	<p>A computer for the front desk.</p>

Addendum A Program Review, Health Services 2013-14

Summary of Evaluation Course: Exploring Health Issues, (a 3 unit course that explores traditional health topics such as, nutrition, exercise and additional topics as complementary health care, racial healing, etc.) Fall 2013

Please rate the following:

5 - Excellent

4 - Very Good

3 - Neutral

2 - Needs improvement

1 - not good

1. The instructor's organization of classes. 4.83 Average

sample size: 30

5 (25 Students)

4 (5 Students)

2. The instructor's teaching ability. 4.93 Average

sample size: 30

5 (28 Students)

4 (2 Students)

3. The instructor's caring for whether or not students learned. 4.93 Average

sample size: 30

5 (26 Students)

4 (2 Students)

3 (1 Student)

0 (1 Student)

4. The amount of material you learned. 4.6 Average

sample size: 30

5 (18 Students)

4 (12 Students)

5. Your enjoyment of the class. 4.87 Average

sample size: 30

5 (26 Students)

4 (4 Students)

6. Your ability to make some life style changes that positively affected your health. 4.6 Average

sample size: 30

5 (21 Students)

4 (6 Students)

3 (3 Students)

7. The instructor's professionalism (punctuality, manner, ability to motivate).

-4.8 Average

sample size: 30

5 (25 Students)

4 (4 Students)

3 (1 Student)

What did you like best about the class?

- The power points

- I loved how much info was provided. I also liked the fact that the power points were available online

- The information that I received and the Osny awards

- You are a great teacher and you care about us athletes

- Howe we were able to cover so much in class in as much as a 4-month span yet I felt as though I learned plenty along the way

- That Mz. T really made us work and we learned from her wonderful book.

- The assignments in this class really motivated me to change my lifestyle

- Learning to become more social and environmental as well as being open-minded to life and not fearing to succeed

- The students and teacher. I like coming to this class because my teacher makes class interesting by going beyond what she has to teach like taking us to the museum and keeping us updated about everything

- I liked the group projects and how everyone in class got to know each-other.

- She is very helpful; taking care or your health, powerpoint slides

- The interaction between teachers and students. It made the class fun.

- The teacher really cared about the success of her students

- I loved the learning environment. I loved getting to know Mz. T and the class on a personal level

- The fun parts of group presenting

- Outside activities like the Oakland museum "Sinco de mayo" : Learned a lot

- The final project with our group

- We are learning about things to improve ourselves in everyday life

- Leaning about all the different wellness. I learned a lot about myself and of how to make changes in my life to better ones.

- The environment was a fun, organized, and helpful. I enjoyed the structure of the class. It makes it easier for me to learn in an easy going environment and the way you teach your students.

- Learning things I thought I knew

- I like the fact that I actually learned something. and by being in this health class i'm doing better for my health.

- The class taught us what we need help on to be a better person

- I think it is a very outstanding class.I enjoyed the presentation part the most. We learned from the interesting presentations

09/07/2013- ASM

- *I like this class very much. Because, I can learn a lot about being healthy. So it could help us improve our health and our instructor was very nice and patient to teach us*
- *My desk mate Christian*
- *I really liked the guest speakers that we had in class this semester. I also enjoyed the videos we watched*
- *Learned a lot and never was a dull moment in class.*
- *videos and presentation w/guest speakers that related with lecture*
- *The field trips and projects*
- What did you not like about the class?*
- *The tests*
- *Classmates would get distracted during lecture.*
- *nothing*
- *N/A*
- *Lincoln...jk*
- *This class was very good*
- *the class is great*
- *nothing really*
- *There was nothing I did not like about the class*
- *nothing*
- *nothing*
- *Everything was great*
- *walking to the art center*
- *It was all pretty good*
- *The class should be longer*
- *making the group project*
- *no*
- *I liked everything*
- *the class was always fruitful, everyday we came. The movies we watched really touched my heart and mind*
- *N/A*
- *The class is great*
- *N/A*
- *Everything is A OK to me*
- *Nothing*
- *That it ended early*
- *It being freezing cold in the art center*
- *There wasn't anything i didn't like*
- *N/A*
- *Nothing*
- How would you change the class?*
- *more info about wellness*
- *N/A*
- *N/A*
- *be more hands on*
- *Maybe more group based assignments since I felt we were more engaged when we worked together*
- *Just doing what I had to do being me and showing up and doing all the test, reading homework etc.*
- *N/A*
- *The class is great*
- *Have the same class for spring semester*
- *Everything is perfect*
- *This class was a wonderful masterpiece. It gets better.*
- *I wouldn't change anything*
- *I wouldn't*
- *Make it easier to understand the power points*
- *The class should be longer*
- *nothing*
- *closer to the quad*

- no changes
- nothing
- make the power points more accessible
- N/A
- I would not change it
- The class has a good organization
- do not change
- we should organize jeopardy better
- N/A
- I wouldn't
- more interactive homework
- more projects
- Any other comments....
- N/A
- I thought the worksheets given after the videos were a good idea. And I love Mz. T's teaching style and her enthusiasm
- I enjoyed your class
- Thank you so much for teaching us about health, I enjoyed this class.
- You are a great instructor. Your teaching style is great and I learn a lot through your book and with classmates
- Fantastic teacher who cares a lot about her students
- Hi :)
- I enjoyed the class, thanks for the experience
- I have learned a lot about health info compared to before and I'm glad I took this class. No regrets!! Thank you Mz. T. I'll see you around.
- This class was very informative.
- No comments
- Great teacher great class. I would do it all over again because I loved it. Everyone was on top of their game and we all deserve a great grade.
- Thank you for being very accommodating and working with me through tough times!

Course: Health 20, Health and Wellness: Personal Change Fall 2013 (a one unit course that begins each class session with meditation, small group discussions on how to improve one's health)

Please rate the following:

5 - Excellent

4 - Very Good

3 - Neutral

2 - needs improvement

1 - not good

1. The instructor's organization of classes. -4.6 Average

sample size: 9

5 (6 Students)

4 (3 Students)

2. The instructor's teaching ability. -4.9 Average

8 (1 non-response)

5 (7 Students)

4 (1 Student)

3. The instructor's caring for whether or not students learned. -4.89 Average

sample size: 9

5 (8 Students)

4 (1 Student)

4. The amount of material you learned. -4.55 Average

sample size: 9

5 (5 Students)

4 (4 Students)

5. Your enjoyment of the class. -4.78 Average

sample size: 9

5 (7 Students)

4 (2 Students)

6. Your ability to make some life style changes that positively affected your health. -4.78 Average

09/07/2013- ASM

5 (7 Students)

4 (2 Students)

7. The instructor's professionalism (punctuality, manner, ability to motivate). 4.67

Average

5 (6 Students)

4 (3 Students)

What did you like best about the class? !

- I liked the blatant emphasis on the effects of good health vs. bad health. I feel like much of the class learned something tangible here that they will carry forever.

- I really enjoyed our class discussions and the stories our classmates shared.

- 1) Detailed information on various health topics. 2) Student presentations. 3)

Super size me video

- The teacher

- What I liked most about this class was being shown the definitions of things like spiritual wellness. Learning these things helped me understand the true meaning of wellness and apply it to my life.

- Each week I would learn at least two new things about myself or things I can improve

- The passion and care Ms. Thadani provides to us and the overall warmth and radiance in class. She never made anyone feel bad about her state of health and positively encouraged us to make healthy choices and changes

- Very informative presentations

- I like the warm, inviting vibe that prompted me to step out of my comfort zone while also allowing me to take a look at my life and make some needed changes !

What did you not like about the class?

- Can't say there were any downsides

- The desk/chairs

- NOTHING

- I kept getting hassled about a book lol.

- There isn't really anything I disliked about this class.

- That it was once a week, but I will consider taking the other health class next semester

- 50 minutes is too short! Wish we had more time together.

- I didn't like how short the class was !

How would you change the class?

- I would change it to an at least 2 hour long class

- nothing

- Meet 2X a week for 50 mins or 1X a week for 2 hours.

- I would like to see more group activities

- I wouldn't change anything about this class

- no book

- Wouldn't change (maybe add a few more videos on health subject. Ex: Super size me)

- no change

- More time! More class discussions! You're a good teacher! I really enjoyed the class.

Addendum B, part 2 Health Services Activity Report Jan 2013 to May 2013

Month:	Jan	Feb	March	April	May	Total
Total number: Employees:	7					31
Students:	138	12	31	37	42	23
						145

Month:	Jan	Feb	March	April	May
Health Checkup	2	0	1	1	2
Injuries	2	5	8	4	1
TB Skin referrals	3	0	0	0	0
Health insurance Questions			0	0	0
Emotional Support		1	0	1	1

09/07/2013- ASM

Referral to PWC	1	0	1	2	0	
Health Education	0	0	2	1	2	
Supplies	1	5	7	4	6	
Outreach	0	0	0	0	0	
Ambulance Intervention	0	0	0	0	0	0
Misc.	1	7	8	11	0	
Eye exam vouchers		2	13	16	7	9
Month:	Jan	Feb	March	April	May	
1-5 Minutes	10	25	29	41	20	
6-10 Minutes	0	4	2	1	1	
11-20 Minutes	0	1	0	0	1	
21-30 Minutes	2	0	0	0	0	
31-40 Minutes	0	0	0	0	1	
Dates:	Jan-May					
Age range, Month:	Jan	Feb	March	April	May	
<16	1	0	0	0	0	
16-20	1	3	11	7	3	
21-30	6	10	17	16	10	
31-40	1	5	5	6	1	
41-50	2	8	6	2	1	
51-58	0	1	2	1	4	
59+	0	1	0	4	2	
No Data	1	2	4	1	0	

Gender, Month:	Jan	Feb	March	April	May	
Male	8	11	17	13	12	
Female	3	17	16	21	9	
No Data	1	3	4	8	2	
Times, Month:	Jan	Feb	March	April	May	
8am	0	0	1	0	0	
9am	1	5	1	2	3	
10am	5	6	7	2	5	
11am	0	13	6	10	9	
12pm	0	3	3	3	0	
1pm	3	1	5	5	0	
2pm	0	0	5	3	0	
3pm	0	1	1	4	3	
4pm	0	0	1	1	1	
5pm	0	0	0	0	0	
no data	2	1	4	8	2	
Month:	Jan	Feb	March	April	May	
Af-am	6	11	20	18	13	
Asian	3	5	7	6	3	
White	0	8	8	3	3	
Hispanic	0	0	2	3	1	
Other/ No data	0	6	8	9	3	
Month:	Jan	Feb	March	April	May	
Laney	0	27	36	33	19	
Merritt	0	0	0	1	1	
Berkeley	6	0	0	0	2	
Alameda	0	0	3	2	2	
No Data	0	3	5	6	2	

Evaluation for Acupuncture/Massage Fall 2013 compiled by Indra Thadani

A. Total number of evaluations: 73 (49~ Laney; 10~BCC; Merritt~14)

B. How did you hear about this service?

Instructor (12), Wellness Center/nurse (10), Flyers (15), friend/ word of mouth (15)

Addendum C Acupuncture Program Evaluation

37 acupuncture treatment surveys; 32 massage surveys; 4 surveys had no data

Please write the reason for the visit:

Pain (30), Stress (15), Smoking cessation (1), headaches 6

For the following questions please use these ratings:

5-strongly agree

4-agree

3-neutral

2-disagree

1-strongly disagree

1. The practitioner made me feel comfortable and listened to my concerns: = 4.98

2. The practitioner was helpful in providing me with information and support: = 4.87

3. The practitioner gave me ample opportunity to ask questions: = 4.87

4. The practitioner treated me with respect and did not discriminate based on age, gender, disability, nationality, race, religion or sexual orientation: 4.90

5. I felt like I received what I needed from the practitioner: = 4.89

6. I would come back and see the practitioner: = 4.89

7. I would recommend the practitioner to my friends: = 4.89

8. I feel that this visit with was beneficial to my health: = 4.86

9. I feel this kind of service helps me be more successful at college: = 4.76

10. The practitioner was professional in the way they acted and how they spoke: = 4.97

11. Any further comments?

Thank you (13 surveys had written this comment)

Finally put my health fee to work

Very grateful

All good loved it

Keep it up

I wish I had more than three sessions

I feel wonderful

Hope it will help with relief

Awesome (3)

I feel better now! (3)

Fantastic!

Hour sessions would be great

Please continue to provide these services (3)

He did excellent; he made me feel extremely comfortable. Please keep him frances (4)

30 minutes was too short! Time flew by! So amazing!!! Loved it, frances is awesome!!

All massage from Frances

Loved it

Oh wow, I really enjoyed this massage.

Great first time w/acupuncture session was informative and relaxing.

Very good experience

Time will tell

Waitlist...

Chris is very helpful with hints how to do it by myself at home.

Chris was great!

Keep service available

Excellent service~3

Very professional

Great job/experience (12)

Great guy (3)

I want to come back again

Profound experience, I have nothing but positive things to say

Coming back again (3)

Very helpful

My first experience with the treatment, sinus open, pain gone from shoulder, seems more relaxed.

Very personable, had a great conversation about health. Very knowledgeable also had lots of advice for pre health people.

First time acupuncture, relieved tension in my back and the practitioner was amazing, he even advised me how to stretch to relieve my back pain. It was a wonderful experience and I would like the service to continue.