



Capital Health



**CONNECTIONS HALIFAX**  
*growing community*

AS SEEDS ARE PLANTED, INSPIRATION GROWS, CHANGE TAKES ROOT & COMMUNITY BLOSSOMS.



# Innovative and Integrative Health Practices in Mental Health



# Integrative Health

- **Integrative Health Care = Conventional + Complementary Practices**
- Collaborative process
- Accessible, inexpensive, and safe



# The Saturday Free Clinic

[www.saturdayfreeclinic.blogspot.com](http://www.saturdayfreeclinic.blogspot.com)



# The Wellness Fair



# Auricular Acupuncture

[www.acudetox.com](http://www.acudetox.com)



