



Diane Smalley, L.Ac.

Seeds of Wellness

by Diane Smalley

Wed. March 20, 6-7pm

Is the body a complete mystery to you? Let's explore the ten most basic elements that will help you stay well throughout the seasons of your life. This talk is an opportunity to improve your health no matter where you are. Please join us as we discover the seeds of wellness.

Diane Smalley, L.Ac. of Abundant Health Acupuncture and Herbs has been practicing Asian Medicine for 39 years. She finds that the more you know about your health, the better equipped you are to keep yourself and your family well. Diane's greatest joy is seeing the light of self-knowledge glow in your eyes!

Where do I start?



What is the key to understanding nutrition?



How do I stay calm through it all?



What is the microbiome and why does it matter?

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