

Fri April 3
7-8:30 pm
RSVP



SEASONAL WELLNESS SERIES
Kent Island Yoga and Wellness
460 Main St. Stevensville, 2166

SPRING is WOOD ENERGY!!

Come learn about the 5 Elements of Chinese Medicine and classical Acupuncture. Join us for an informative evening of fun, food and friends as we explore what is Qi and how do the seasons of nature affect us physically and emotionally. Megan Gordon-Hall, RN and Acupuncturist invites you to discover the element of WOOD and how the Spring energy moves in you!

For more information and to RSVP, Please call Megan at 410.570.6630

www.kentislandyogaandwellness.com

www.bluepointacupunctureandwellness.com