

Presented by
HERB PHARM



Herbal Approaches to Stress, Anxiety and Fatigue

Dov Shoneman

Herbalist & Educator



Dov Shoneman is a practitioner of Traditional Chinese Medicine (TCM) & is nationally certified through NCCAOM. He brings over 15 years experience in the natural products industry as an educator and practitioner. He currently practices acupuncture & herbal medicine in Asheville, NC.

Stress got you down? Does reading the news leave you burned out, restless in sleep, or upset your digestion? Brighter Day and Herb Pharm are here to help!

Join Noted Herbalist Dov Shoneman in a discussion of how herbal approaches to stress, sleep, and digestion, can best support our body systems as we deal with stress challenges. We can't take away the stress of the world, but herbs can be an important tool to help better manage our response.

Learn how:

- Constant stress affects digestion and how herbs can help
- How stress management and sleep can improve each other
- How to support the body despite stress, to survive and thrive

DON'T MISS THIS FREE EDUCATIONAL OPPORTUNITY

Tuesday, May 23rd • 7:30pm

Brighter Day Natural Foods

1102 Bull Street

Savannah, GA 31401

RSVP at the store or call (912) 236-4703 by Friday, May 19th!

