



## September 2014 Newsletter

Welcome to September! The summer passed by very quickly for me, and probably for most of you too!

August marked the 25th anniversary of my being licensed as an acupuncturist and Chinese herbalist in California! I feel so very fortunate to have been trained in a form of medicine that focuses on maintaining balance, and assists and supports the body (and mind/spirit/emotions) to heal itself. And I am equally grateful to have had the privilege of working with and getting to know so many wonderful patients!

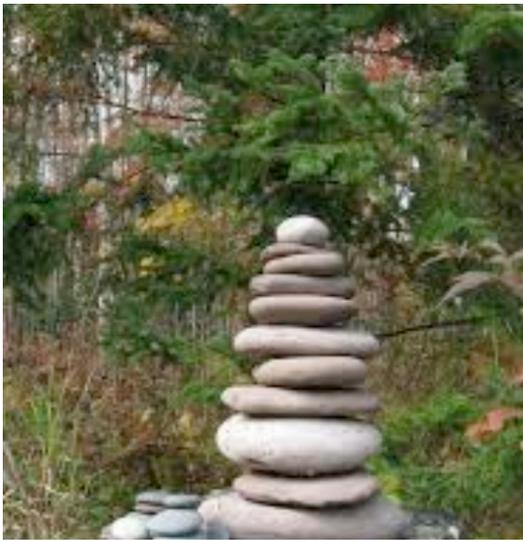
While it is pretty warm still, I've been noticing the cooler weather in the mornings, which means that fall is not far off! Did you know that the change of seasons is an excellent time to come in for a tune-up or immune-boosting acupuncture session? And did you also know that Chinese medicine is very good at treating colds and flus?

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## Wellness Evening: September 16th

**Welcoming Autumn:  
Balancing Hormones with  
Chinese Medicine  
Johanna Utter, L.Ac. &  
Elizabeth Fulmer, RMT**

Are you in your 40's or 50's?



Experiencing symptoms of perimenopause? Join us for an enriching evening as we discuss ways to support hormonal balance with Chinese medicine in a beautiful setting. A blend of learning, experiences, and reflection in a welcoming and light-hearted small group. Healthy and nourishing seasonal refreshments included.

**Tuesday, September 16th**

**6:30 – 8:30 pm**

**UU Library – [27074 Patwin Road](#)**

\$30, \$25 early-bird discount for advance payment ([sign up!](#))

(If you received the flyer from me, you may have noticed that the link to sign up didn't work. Sorry about that. This one does!)

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## Online Scheduling

The online scheduling system seems to be working fairly smoothly. Thank you to those who've tried it out and who have given feedback!

There are now two **new** ways to access and schedule your appointment online:

1. **Smartphone** - If you go to my [website](#) on your phone, you will see a green bar that says "Make an Appointment". Clicking on that will take you to a page where you can select your appointment.
2. **Website Appointment page** - The online scheduling information is now embedded on the "[Schedule An Appointment](#)" page of my website.

If you have any feedback or suggestions about how I can make it even better, please let me know!

# Office Closed 9/25-9/30

My office will be closed from Thursday, Sept. 25th through Tuesday, Sept. 30th. Because of this, I have added some extra afternoon/evening hours those two weeks. If you are interested in coming in between 9/22 and 10/3, I encourage you to [schedule your appointments now](#) for the best choice of days/times.



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