

Jenna Haworth, L.Ac



Jenna is a graduate of Daoist Traditions College of Chinese Medical Arts in Asheville, NC. Daoist Traditions' four-year program provided her with a strong foundation in Traditional Chinese Medicine, or "TCM". As part of the college's comprehensive academic program, she received secondary training in Classical and Five-Element acupuncture. During her two-year clinical internship, Jenna specialized in the treatment of depression, anxiety, chronic fatigue, menstrual irregularities and eating disorders.

Jenna founded Tri-Cities Acupuncture & Wellness because she believes that every person possesses the inherent ability to heal and to live a full and joy-filled life. Her goal is to facilitate each patient's path to personal wellness, and to empower individuals to ask questions, seek answers, and make the healthcare and lifestyle choices that are right for them.

Jenna is licensed to practice acupuncture in the state of Tennessee, and is certified in Acupuncture and Chinese Herbology by the National Commission for Acupuncture and Oriental Medicine (NCCAOM) www.tricitiesacupuncture.com

Peggy K. Fabozzi, LMT



Peggy is a graduate of Reflections of Health School of Massage, where she studied Massage Therapy and became licensed in the state of Tennessee to perform Swedish Massage. She has since focused on therapeutic massage while working with her husband, Jeff in their two clinics, Fabozzi Chiropractic & Massage, in Johnson City and Erwin. Peggy also holds a BS degree in Education from Virginia Intermont College. Peggy and Jeff are affiliated with Bristol Motor Speedway and provide care and treatment for NASCAR drivers and teams at the local track in Bristol, TN. They have worked closely with the teams and the staff of BMS for several years.

Massage therapy has become an integral part of the Fabozzi's practice and has proven to be extremely valuable to the patients and clients who seek alternative therapies. Massage therapy has helped patients with tension and migraine headaches, joint restriction, trigger point pain as well as whole body stress reduction.

Peggy's mission is to offer relief to those suffering from pain or discomfort. It is her goal to educate others on the benefits of Massage and how incorporating it into your lifestyle can prove to be an essential element to leading a healthy and peaceful life.

Wendy Gilliland, e-RYT



Wendy completed her 200 hour Yoga Teacher Certification in July of 2006 and earned her e-RYT designation from the Yoga Alliance upon completing over 1,000 hours of teaching. She currently has over 2,000 hours of teaching experience and is working toward her e-RYT 500 certification.

Wendy and her husband, Lamont, own Simple Abundance Yoga in Johnson City, Tennessee. Lamont is also a certified yoga instructor. Their mission is to share the benefits of yoga with those who need it most through thoughtful, safe, and comprehensive individualized instruction.

Wendy has a unique style of teaching which comes from her background as an Elementary School teacher and discovering yoga as a way to focus outside of the symptoms she suffers from Multiple Sclerosis. Compassionate and heart-centered, with humor and gentle guidance, Wendy's classes are lively and restorative all at the same time. Her goal is to help each and every student feel better when they leave than they did upon entering the studio and she gears each class to the specific group of students in attendance.

Wendy enjoys teaching a wide variety of classes, from therapeutic and private sessions to the upbeat flow and extra fun black light yoga classes.



*Our deepest wishes are whispers
of our authentic selves.
We must learn to respect them.
We must learn to listen.*

~ Sarah Ban Breathnach

Simple Abundance Yoga

Women's Wellness Workshop



**Saturday,
October 17th
2 to 5 pm**

Simple Abundance Yoga

4411 N. Roan Street, Suite 23

In Boone's Creek

423.220.0552

www.simpleabundanceyoga.com