



*Join us for our
May educational event:*

The Healing Power of Acupuncture

Monday, May 1 at 5:30 pm

You'll see firsthand how this ancient art relieves pain by balancing qi, the life force...join us as Dr. Barbara Novotny expertly demonstrates with a volunteer from the audience.

For questions or to RSVP, call:
(970) 871-1323

Nutritional counseling...coming this summer

We're delighted to welcome Ruth Abate, who has recently completed her Master's degree in Integrative Health and Nutrition, to a summer internship at Steamboat Family Medicine. She'll work in conjunction with our physicians to provide customized nutritional counseling to patients this summer. Her mission: to share the science of good nutrition and show you how easy healthy eating can be...plant-based cooking is one of her specialties! Look for more details next month.



THANK YOU...for joining us at our first seminar!

We were delighted to host a lively, engaged group of patients and guests as we explored the basics of Functional Medicine with Dr. Phaedra Fegley. A wonderful experience for all!