

Somerset County Library
presents
Herbal Medicine with Mark Stoehr

Find out how to better manage your own health with herbal remedies and holistic nutrition. Learn which herbal remedies are safe and effective for certain ailments. Be empowered to eat better to prevent the aging process, lose weight and feel great! This interactive class will be led by Mark Stoehr. Mark Stoehr is a Licensed Acupuncturist and Herbalist in Ocean City, MD. He specializes in pain management, cancer care and wellness promotion.



Monday, February 27 at 11 am
Crisfield Library