



## Interns Featured in Local Paper

Students Eric Abreu and Tatyana Reznik, as well as faculty member Jennifer Downey, were featured in the Gainesville Sun's coverage of community health fairs during Black History Month.



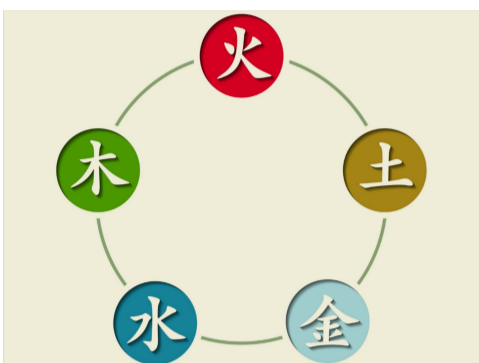
"Just remember that the body is a miracle," Abreu said. "If you give it the right energy, you can start healing your mind, body and spirit."

[Read Article](#)

*Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. - Lao Tzu*

It is with sincere gratitude that we recognize and thank Lawrence Gottlieb for his generous gift to Academy for Five Element Acupuncture made in honor of his daughters, Sophie and Rosie Gottlieb.

### Coming Soon



#### Five Element-Focused CEU Series

The CEU survey we sent out a couple months ago was clear- our graduates want Five Element focused CEU courses. Our faculty is busy developing a series of continuing education courses that will be presented both in person and online. More info coming soon!

### Registration Open



#### Medical Qigong & Mindfulness for Mental Health

Dr. K.A. Shakoor  
May 4-5, 2024

Health and wellness strategies for daily living, and particularly how they relate to mental health conditions.

[Read More](#)



### Now taking Applications for July

If you're interested in pursuing a life-long, professional career helping people, contact admissions today.

[Contact Us](#)

Our March 6 class still has a few spots left. Our next start date is July 23, 2024.

### Recent Graduates Support Group

My name is Angie Mordecai (Class 34) and I have been teaching Practice Management at the Academy for the last three years. I reimagined the curriculum using the frameworks that have been most useful for me in navigating business and practice ownership.

In January, I started facilitating a support group for recent graduates-- monthly calls where each participant receives one-on-one time to brainstorm ideas and strategize business plans in a group container. I am launching a second cohort this spring and welcome all alumni seeking support.



[Read More](#)



### The Season of Wood

The Asian lunisolar calendar marks February 4 as the first day of Spring, just a few days before the Lunar New Year celebrations begin.

This time marks the shift from Yin to Yang, as the sun grows stronger and the days warmer. Our energy also increases like the unstoppable force of sprouting seeds and budding trees.

- Feeling irritable? Walking in nature can get the qi flowing smoothly
- Protect yourself from wind during this time. Don't take off that scarf quite yet!
- Take advantage of fresh citrus and eat those pickles- increase sour foods in Spring
- This is a great time to start new projects you've been planning

### When you make a gift to the Academy, you are making an investment with an everlasting impact.

For information on making a gift to Academy for Five Element Acupuncture, please [reach out to Rebekah Johnson, Executive Director.](#)



Academy for Five Element Acupuncture  
305 SE 2nd Ave. Gainesville FL 32601  
352.335.2332 | [info@acupuncturist.edu](mailto:info@acupuncturist.edu)