

Let Nature Lead

A Health and Wellness Lecture Series with Carmine Van Deven, D.O.

INSOMNIA

When: Sunday, June 9, 2019, 11:30am – 12:30pm

Where: Body Kinetics Health Club, 639 E. Blithedale Ave, Mill Valley, CA

Cost: \$10

RSVP: (415) 380-8787

Description:

Insomnia is the most common sleep disorder, affecting 30% of the population. It impacts every aspect our health, contributing to fatigue, anxiety, depression, obesity, deficits in cognition, memory, exercise performance, and more.



Learn:

- Hidden causes of insomnia
- Natural treatments that work
- Self-care tips

We will explore the relationship of structure and function, and the interconnected systems of the body. A demonstration of osteopathic diagnosis and treatment will be included.

Carmine Van Deven, D.O.

Dr. Van Deven is an osteopathic physician, passionate about supporting health and wellness with osteopathy and functional medicine. He is dual board certified in Family Medicine and Neuromusculoskeletal Medicine. Dr. Van Deven has a private practice in the Cow Hollow District of San Francisco and works with the California Center for Functional Medicine in San Rafael, CA.

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