

Hi, I'm Angie. I am a community-based clinical herbalist living on Abenaki land in Central Vermont. In my work in the community, I wear a couple of hats: as an herbalist, I work with individual clients to meet health goals through a combination of education, herbal formulas, a food-as-medicine approach, and somatic therapy. I work with teachers and educators nationally to integrate perennial herb gardens and mindfulness into the school routine with [The Tea Project](#), and I work as a Mindfulness Instructor at Twinfield Union School in Marshfield as a way to nourish the members of my community and provide skills that have helped me find balance and equilibrium. I have witnessed incredible healing evolution in myself and others through a daily mindfulness practice.

