

Erica Abell-Holland- Co-Director of Educational Events

Erica is a Certified water analyst with Rainsoft of Des Moines, wellness advocate and owner of The Detox Artist, an environmental company serving Central Iowa. She's a communicator and brings account executive experience to the FBD team. Erica is part of the BEMER and the educational outreach arms of our business. Check out the valuable health topics coming up on the studio website!

She's a 2002 graduate of New York University with a degree in French and she co-owns an art studio with her husband. Erica traded the corporate career for a life focused on health and happiness with her husband and three daughters. Her interests are gardening, all recreational activities at the lake and river, and raising her family with a zeal for life!