

Spring into 2010 with **FREE SPRING HEALTH SEMINARS**

Learn how to improve your quality of mind & health with these FREE 90-minute seminars.

Open to the community, the Pacific Complementary Medicine Center will host free spring seminars where you can learn about:

- ↳ improving your mental wellness,
 - ↳ acupressure for pain control and rejuvenating the body,
 - ↳ relieving your allergies and sinus congestion, and more!

Conveniently scheduled on Wednesday evenings in May, sign up for any or all of the seminars:

Wednesday, May 5, 5:15 – 6:45 p.m.

Harmonize and Heal the Heart & Mind

Anthony Wu, M.D., Susan Wang, L.Ac., Ph.D., OMD

- General symptoms of Heart-Mind imbalance.
- Depression and Anxiety.
- Loss of memory, weak spirit.
- Scattered and confused mind.
- Dietary therapy for calming the mind.
- Beneficial exercises to harmonize the Heart-Mind

Wednesday, May 12, 5:15 – 6:45 p.m.

Holistic Approach to Health Maintenance

Anthony Wu, M.D., Brian Loh, L.Ac., OMD

- Acupressure points for pain control.
- Gentle massage to maintain the flow of energy.
- Facial acupressure points for beauty
- Acupressure points to rejuvenate the body.
- Acupressure points for constipation, insomnia, ear-ringing, high and low blood pressure.

Wednesday, May 19, 5:15 – 6:45 p.m.

Pulmonary Diseases, Asthma and Seasonal Allergies

Anthony Wu, M.D., Dorel Rotar, L.Ac., MTOM

- Pathology of lung diseases.
- Treatment principles in treating the lungs.
- Chinese supplements to treat allergies.
- Acupressure points to relieve sinus congestion.
- Specific exercises to increase lung capacity.

