

# CELEBRATE ASIAN HERITAGE MONTH IN ALBANY

## MIND YOUR HEALTH THE CHINESE WAY!



**Monday, May 22, 2017**

**1:00 – 2:30 PM**

**Albany Community Center**

**1249 Marin Avenue, Albany**



Learn how Chinese medicine can enhance your health through this introduction to Chinese medicine, simple acupressure and mindful exercises. The presentation will include a demonstration of Tai Chi with audience participation.

*Presented by Khanie Ha, LAC; Elena Lee, LAC, PHARMD; and Albert Lee*

### FREE ADMISSION, FOOD AND RAFFLE!

Sponsored by the City of Albany with funding provided by the City of Berkeley Mental Health Division

