

# Exploring the Alternatives

# Traditional Chinese Medicine



## Acupuncture

Acupuncture aims to restore and maintain health through the stimulation of specific points on the body. Studies have shown promising findings in conditions such as chronic low-back pain and osteoarthritis of the knee.

## Chinese Herbology

is an integral part of Chinese medicine and was developed for the purpose of re-harmonizing imbalances in the body.

## Learn More

about Traditional Chinese Medicine from guest speaker, Mark Ashmun.

### Trailside & Sanford at Trailside:

Monday, February 12, 12:00pm

**Coleman:** Thursday, February 15, 12:40pm

**Greendale:** Monday, February 19, 11:00am

**Mills:** Wednesday, February 21, 11:30am

To reserve a seat, call the Activity & Dining Center of your choice, at least one day before the presentation. We encourage you to come for lunch the day of the program. To make a lunch reservation, call the center you plan to attend before 9:00am, on that day.



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