



Chinese Herbal Teas & Cooking for Health

➤ **6pm to 7pm**

- Learn the basics of Chinese cooking.
- Understand the energetics of foods, fruits, and vegetables, and how to leverage them for your health.



- Uncover the health benefits of the most popular Chinese herbal teas, including Green tea and Jasmine tea.

Treasures of Chinese Medicine

➤ **7pm to 8:30pm**

- Discover how ancient Chinese techniques are used for anti-aging, facial rejuvenation, weight loss, pain management, detoxification, and relief of stress.

And also

- The functions and benefits of the following rarely seen techniques are revealed and demonstrated:
 - Cupping, Moxibustion, Gua Sha, 7 Star Needle Chinese Footbath, Tui Na, An Mo, and Acupuncture.
 - Also showcased will be Korean massage therapy and Japanese Acupuncture



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Affirmations
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Call early to reserve your seat !!!