








~CHINESE HERBS FOR WELLNESS~

Traditional Chinese Medicine has a history spanning over 2000 years. Focused on the prevention of disease, it has developed a profound knowledge of how lifestyle and diet affects our health.

-  Learn the basic theories of Chinese Medicine.
-  Comprehend the subtle impact our daily habits can have on our health long term.
-  Improve your health by understanding which foods will best benefit your body condition.
-  Take home recipes utilizing Chinese Herbs that you can use in everyday life.

WHAT: Chinese Herbs for Wellness Workshop
WHEN: Sunday, November 18, 2007
TIME: 1:00 – 5:00 pm
LOCATION: Traditional Ways Healing Center
6931 Stockton Avenue
El Cerrito, CA 94530

For more information contact Portia Lee at (510) 799-8788 or info@portialee.com

 Portia Lee, M.S., L.Ac. has facilitated groups throughout Europe, Asia and on both coasts of the United States for the past fifteen years. She trained in Traditional Chinese Medicine for years through private one on one apprenticeship before receiving her Masters of Science in TCM at the American College of Traditional Chinese Medicine. Her private practice focuses on women's health, including menstrual disorders, menopause, infertility and obstetrics. She is a licensed acupuncturist in the state of California and a Nationally Certified Diplomate in Acupuncture by the National Commission for Acupuncture and Oriental Medicine.

Portia Lee, M.S., L.Ac.

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CHINESE HERBS FOR WELLNESS WORKSHOP
Sunday, November 18, 2007



Fee: \$55

Early Registration Discount: \$10 off if you register by November 10th!

Name: _____

Email: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Check # _____ dated: _____

Signed: _____

To register: Please fill out form and return with check. Thank you.