

Traditional Chinese Medicine – The Healthy Lifestyle in Springtime

傳統中醫講座 - 健康的春天生活

- **Presenter: Jonathan Chen, PhD.**
 - **Date and Time:**
 - **4/11/2023 (Tuesday 星期二)**
 - **1:00PM -2:00PM**
 - **Location: Herndon Senior Center 赫頓老人中心**
 - **Outline:**
 - **Based on Yin - Yang Theory to Discuss Seasonal Change**
 - **Yin - Yang Theory applied to human body**
 - **Healthy Lifestyle in Springtime**
 - **A Chinese exercise suited for the season**
- 以陰陽理論談四季的變化與人體的關係，進而瞭解健康的春天生活，並學習一套簡單的保健體操。**