

Feed Your Tiger: The Asian Approach to Healthy Weight Management

The purpose of this one day workshop is to provide student and professional nurses with practical tools for healthy weight management for themselves and their patients. The approach, adapted from traditional Asian Health practices, includes easily available natural remedies such as health foods, teas, and supplements for regulating vitality, digestion and metabolism. Simple Chinese Qi Gong stretches and Korean hand massage techniques can be used by elderly or sick patients. Natural remedies are geared to suit individual needs, including easing chronic pains, reducing cholesterol and cellulite, regulating addictions and health issues related to PMS and menopause, and enhancing natural immunity to illness.

Register ONLINE at

www.ceprograms.org

Continuing
Education

Continuum
Health Partners

Phillips Beth Israel School of Nursing
776 6th Avenue
NY, NY, 10001

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Continuing
Education

Feed Your Tiger: The Asian Approach to Healthy Weight Management



April 22nd, 2009

9:00– 4:30 pm

Phillips Beth Israel School of
Nursing
776 6th Ave
New York, NY 10001

www.ceprograms.org

Continuum Health Partners, Inc.

Beth Israel

Roosevelt
Hospital

St. Luke's
Hospital

Long Island
College Hospital

NY Eye & Ear
Infirmary

Registration and Contact Hour Information

Early registration is recommended and is on a first-come first-serve basis. A minimum class size of 10 is required to hold the class. There are no refunds but in the event you cannot attend, we will credit you for future programs. Handouts are included in the fee of \$100.00.

This Education Program is presented by Continuum Services, which has been approved as a provider of Continuing Education by the New York State Nurses Association's Council on Continuing Education. The American Nurses' Credentialing Center's Commission on Accreditation accredits NYSNA as an approver of continuing education in nursing. This CE program has been assigned approval code 6P2LJZ-PPV-0635 and awarded 7.4 contact hours.

Register for this valuable class. Seats fill up quickly so register early to assure your seat. You can mail, fax or phone in your registration.

We accept credit cards and personal checks.



LOCATION AND SCHEDULE

Phillips Beth Israel School of Nursing
776 6th Ave
NY, NY 10001

DATE: April 22nd, 2009

TIME: 9:00-4:30 Program

Target Audience:

Anyone interested in a healthy alternative to modern diet fads. Of particular interest to healthcare workers: nurses, doctors and therapists.

Program:

9:00- Welcome
9:15- Chinese Qi Gong Movements for Vitality Endurance and enhanced weight management
9:30- 10:30- Slimming Teas: Preparation and Sampling
10:30-11:30- Asian Traditional Diagnosis for Weight Management
11:30-12 Noon- Improve Energy, Cholesterol and Food Addictions
12:00-1:00 Lunch
1:00-2:00 Regulate Appetite and Improve Absorption with super foods, acupressure and acupuncture
2:00-3:00- Korean Hand Massage
3:00-4:00- Beyond Comfort Foods and Overweight: Natural Remedies
4:00-4:30 Conclusions and Questions

Instructor:

Letha Hadady, D.Ac. Author of "Asian Health Secrets" and "Healthy Beauty" is the fascinating instructor. According to the San Francisco Chronicle, "Letha Hadady, one of the nation's leading experts on natural Chinese remedies, is leading a quiet lady-like revolution to bring herbal medicines into everyday use in American homes."

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Feed Your Tiger: Asian Approach to Healthy Weight Management

Sign up for:	Time	Price
<input type="checkbox"/> April 22nd, 2009	9:00-4:30	\$100.00
<input type="checkbox"/> Student with ID		\$50.00

Name _____

Address _____

City/ State/ Zip _____

Phone _____

Cell Phone _____

Employer/Position _____

Email Address _____

Method of Payment

- Check/ Pay to Continuum Training
- St. Luke's _____ Manager Signature _____
- Roosevelt _____ Manager Signature _____
- Beth Israel _____ Manager Signature _____
- Visa/ Mastercard

Credit Card # _____ Exp. date _____

Signature _____

Continuing Education

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