

Asian Health Secrets

Phillips Beth Israel School of Nursing
776 6th Ave @ 27th St
NYC , NY 10001

Acupuncturist and herbalist, Letha Hadady brings the ancient knowledge of Chinese, Indian, and Tibetan herbal medicine to this exciting workshop. You will receive the tools that emphasize treating the person rather than the illness.

Herbs are recommended for a gamut of problems. She uses case histories and results of questionnaires to share herbal remedies for a host of complaints. Teas for physical, emotional and wellness concerns are demonstrated and explained.

Specific requests for herbal treatments are explored. You will learn how to balance your energy, boost your immune system, prevent and treat diseases and common ailments.



Continuing
Education

Asian Health Secrets



November 2, 2009

9:00am—4:30 pm

Phillips Beth Israel
School of Nursing
776 6th Ave @ 27th St
NYC , NY 10001



Continuing
Education

Continuum
Health Partners

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Continuum Health Partners, Inc.

Beth Israel

Roosevelt
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St. Luke's
Hospital

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Registration and Contact Hours

Early registration is recommended and is on a first-come first-serve basis. Confirmation of registration will be made by phone or by letter. 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. Breakfast and course materials 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-PRV-0628 and 6.5 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. Or register online www.ceprograms.org. We accept credit cards and personal checks.

Course Description:

During Asian Health Secrets workshop, Letha will cover Asian miracle foods, herbs, and Chinese qi gung movements for enhanced vitality and stress reduction. Aromatherapy with organic essential oils are useful for prevention of burnout, female complaints, and colds and flu prevention/treatment.

LOCATION AND SCHEDULE

Phillips Beth Israel School of Nursing
776 6th Ave. @27th Street 3rd Floor
NY, NY 10001

DATE: November 2, 2009

TIME: 9:00am– 4:30pm Program

FEE: \$100.00

Target Audience:

*Registered Nurses, MD's, PA's, DO's, Nurses Aides
Physical Therapists, Occupational Therapists, Nurse Practitioners,
Dieticians, Pharmacists and anyone interested in complementary
healthcare*

Proposed Schedule

9:00 AM Welcome and Introduction
9:15 AM Qi Gong for Vitality and Endurance
9:30AM to 10:30AM The Many Uses of Tea and Tea Sampling
10:30AM to 11:30AM Basic Asian Traditional Diagnosis and Treatment
11:30AM to 12 Noon The Ginseng Family and Friends
12 Noon to 1PM Lunch
1:00PM to 2:00 PM Quick Energy Tonics
2:00PM to 3:00PM Discussion, questions, and demonstrations.
3:00PM to 3:45PM Dealing with Female Issues Naturally
4:00PM to 4:30PM Natural Ways to Reduce Stress

Instructor: Letha Hadady, D.AC. is the author of "Asian Health Secrets: The complete guide to Asian Herbal Medicine" and other books on complementary Asian herbalism and rejuvenation. She is an herbalist and certified acupuncturist and has worked with doctors and practitioners of traditional Asian medicine. The New York Post states, "She unearths the wisdom of the ancients." and Newsday reports she is "The best known blonde in Chinatown."

Asian Health Secrets November 2, 2009

Sign up for:	Time	Price
<input type="checkbox"/> November 2, 2009	9:00-5:00	\$100.00

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