

美華婦女會



矽谷分會

Posture – Are you doing it right?

您的姿勢正確嗎？

Using modern anatomy and Chinese traditional movements to understand posture

From the workshop you will learn:

- How to prevent injuries? -How to work efficiently?
- How to maintain proper postures?

講座從現代解剖學和中國傳統養生運動角度，

- 讓您了解不良姿勢對健康的影響，
- 以及如何矯正錯誤的姿勢，避免受傷，增加效率

Sunday, May 31, 2015, 2:00 ~ 4:30 p.m.

San Jose Public Library, Calabazas Branch

1230 S Blaney Ave., San Jose, Ca 95129

Please contact Carol Yuan, carolyuan@gmail.com
If you have any question. For more information,
please visit www.ocaw-svc.org

Instructor: Victor Cheng, graduated with a B. A. from UC Berkeley and went to China to study Traditional Chinese Medicine (TCM). He received B.M from Shanghai University of Traditional Chinese Medicine and is a licensed TCM doctor in China. He has clinics in San Jose and Ukiah.

鄭偉德 中醫師：柏克萊加大畢業後，在上海中醫大學完成六年訓練，取得在中國的中醫執照。目前在聖荷西以及瑜伽市都有診所。並固定每週到萬佛城義診。