

ADULTS

# Wellness Workshops

MONDAYS | 7:00pm - 8:00pm  
APRIL 1 - 29 (no session April 22)  
Brighthouse Branch,  
Community Place Room  
Registration required



## APRIL 1 | Wellness from a Traditional Chinese Medicine Perspective

Learn about natural and holistic methods for health as an alternative to Western medicine. The presenter Alice Lee comes from a long line of traditional Chinese medicine doctors. She strives to maintain the essence of traditional Chinese culture and philosophy through her studies of Traditional Chinese Medicine and practice of martial arts.

## APRIL 8 | The Health Benefits of Tai Chi

Learn about *Taoist Tai Chi*® arts, a practice that provides a way to develop a body that is strong, yet supple, balanced and energetic, a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient. Wear comfortable clothing and flat shoes. Presented by an accredited instructor from the Fung Loy Kok Taoist Tai Chi Society.

## APRIL 15 | Yoga – Benefits Beyond the Mat

Take a break from the busyness of life. Come in comfortable clothing to participate in some gentle exercises and learn about the benefits of this ancient practice. Presented by Yoga instructor Jennifer Dalmir.

## APRIL 29 | Ditching the Diet - A Fresh Approach to How We Eat

Learn how to understand and navigate food choices that work for you. Presented by Dietician Carla Obando.

For more details, visit [yourlibrary.ca/events](http://yourlibrary.ca/events), call 604.231.6413 or talk to a staff member.