

COMMUNITY CONNECTIONS PRESENTS

A SERIES OF WORKSHOPS OFFERING NEW WAYS TO IMPROVE YOUR HEALTH, STRESS LEVEL, & YOU!

AT THE FORT TOTTEN CSU

The fourth Monday night of the month.

from 5:00pm-6:00pm

(Directly following acupuncture)

Monday, January 22nd

Chinese Herbs for your Health, Pt. 1

-with Jennifer Chen Licensed Acupuncturist, Board Certified in Chinese Herbology

Chinese herbs have been used for centuries to treat and prevent illness and disease.

Learn how Chinese herbalism differs from conventional medicine.

Come taste and learn about common cooking herbs, spices and healing foods to incorporate into your diet for wellbeing. This workshop will primarily focus on foods for arthritis and pain.

Monday, February 26th

Self-Healing Exercise and Movement

-with Billy Jew, Licensed Massage Therapist

Do you experience PAIN, FATIGUE and STRESS? This interactive workshop will teach you some simple stretches, Qi Gong exercises, and some postural techniques that will stretch and relax the major muscles, improve mobility and breathing, and help prevent injury and reduce chronic pain. Take away some simple skills that can be incorporated into your daily routine.

(Please wear comfortable clothes.)

RSVP to Kristen Brown at 212-570-1693 ext 385 or via e-mail at brownk@fdny.nyc.gov.

All services are at no cost to members.

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Community Connections
A program for active FDNY members,
EMS personnel, their families, and staff.