

AN OUNCE OF PREVENTION...

BOOSTING YOUR IMMUNITY



Presented by Christine Easdown

Oriental Medicine considers your immunity to be the ability to resist disease. In this workshop, we will discuss some practical ways in which to support your Protective/Wei Qi – the first line of defence against pathogens.

At: Australian Shiatsu College

103 Evans Street, Brunswick

On: Wednesday, 25 March – 7.00-9.00pm or

Wednesday 1 April – 7.00-9.00pm or

Saturday 4 April – 2.30 – 4.30pm

Contribution: \$10 – includes handout notes

For more information contact Chris Easdown

0400 781 498

Please register for this class online at

www.australianshiatsucollege.com.au/courses/an-ounce-of-prevention-boosting-your-immunity/

