



**PACIFIC
COMPLEMENTARY
MEDICINE CENTER**

2011 Free Autumn Health Seminars

By Dr. Wu & Associates

In October, PCMC will offer a series of three free seminars on three consecutive Wednesdays (October 12, 19, and 26) to be held in the Seminar Room.

These talks will start at 5:00 p.m., and last approximately 1 hour and 30 minutes.

Bring a friend or family member. As seating is limited, please call (209) 464-4800 to register in advance and indicate which session(s).

October 12 – Brian Loh, L.Ac., OMD
Yi-po Anthony Wu, M.D., M.P.H.

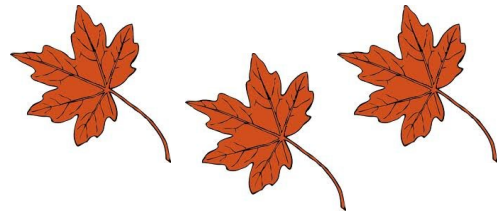
- Topic: Treating and Controlling Back Pain
1. The causes of back pain and prevention
 2. Understanding back pain in TCM terms
 3. Pressure points from head to toes for health care and pain control

**Where:
PCMC Seminar Room
645 W. Harding Way**

**When:
Wednesdays
5:00 p.m. - 6:30 p.m.**

October 19 – Susan Wang, L.Ac., Ph.D., OMD
Yi-po Anthony Wu, M.D., M.P.H.

- Topic: TCM and Acupuncture for Sports Injury Pain
1. Acupuncture mechanism for relieving soft tissue (muscles and ligaments) pain
 2. Herbal medicine to nurture and strengthen muscles and ligaments
 3. Beneficial diet to help recovery
 4. Warm-up exercise to prevent injury



October 26 – Dorel Rotar, L.Ac., MTOM
Yi-po Anthony Wu, M.D., M.P.H.

- Topic: Treating Headaches with Chinese Medicine
1. Signs and symptoms, differential of tension headaches, migraine headache and sinus headache
 2. Methods and principles of diagnosing the cause and source of headaches
 3. How we treat headaches with acupuncture and Chinese herbs
 4. Yoga and Tai Chi exercises that will help release tension and promote the flow of energy

For more information, go to our websites:

[http:// www.wuway.com](http://www.wuway.com)

wuwaypcmc.blogspot.com