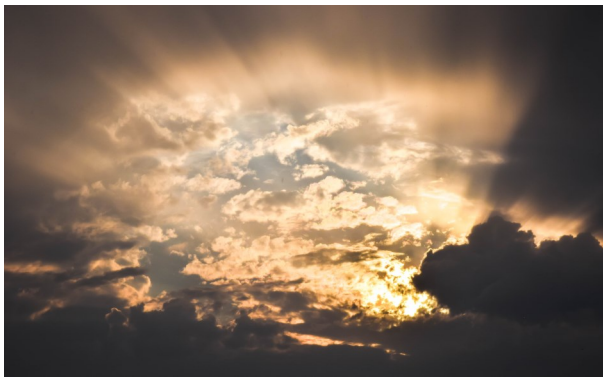




The Good Companions  
Seniors' Centre  
*Supporting a Vibrant Community*

# Alan P. Sentance Educational Lecture Series: Introduction To Chinese Medicine For Self Healing

Presented by Dr. Yu Ming Ye



Tuesday, August 21<sup>st</sup> 2018

10:30—11:30am

The Good Companions

Please joins us for his interesting presentation. Open the fascinating TCM map to explore the interesting healing history. Understand how we can use the Ancient Wisdom in our modern fast paced life. **This is a FREE educational seminar. All in the community are welcome and encouraged to attend. Please note and respect that our centre is scent free. Please register in person or call Front Reception to reserve your spot.**

The Good Companions - 670 Albert St.

Space is limited. Call 613-236-0428 or stop by our Front Reception to register.

Parking available (\$2.50/day)

OC Transpo routes: 8, 16, 41, 85, 86, 87, 91, 92, 94, 95, 96, 97, 98, 99.