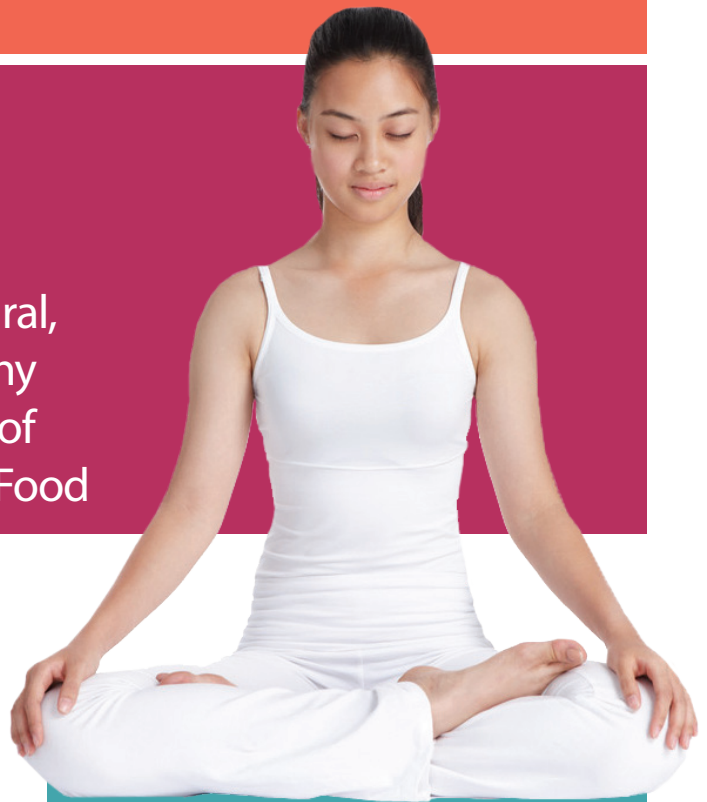


Kaiser Permanente and the PJCC present

Wellness Fusion

A Multicultural,
Heart-Healthy
Exploration of
Fitness and Food



Drawing on the wisdom of ancient cultures, discover how Asian, Indian, and Jewish communities approach wellness in body, mind, and spirit. Explore their traditions old and new, sample their cuisine, and learn how to embrace their many rich offerings so you can experience **wellness your way**®.

Demonstrations and interactive workshops include:

Asian

Tai Chi and Martial Arts

Cooking demonstration

Keynote lecture: *The Point of Acupuncture*
by Scott Whitfield, L.Ac., D.A.O.M.,
Kaiser Permanente

Indian

Introduction to Kirtan

Cooking demonstration

Indian Classical Dance

Jewish

Mindfulness Meditation

Jewish yoga

Cooking demonstration

FREE!

Sunday, April 26, 2015
1:00 – 4:30 pm at the PJCC



Plus:

- **Shop the Marketplace Bazaar**
- **Health Screenings**
- **Workshops and more!**

See reverse for full schedule

1:00 – 4:30 pm	Marketplace Bazaar Lobby <i>Henna Art by Pari's Phelcita • Yoga Bags by Merry • Del'Oliva Olive Oils & Vinegars • Currysutra, Handcrafted Spice Blends and Tins • Foster Ink Jewelry • Eminence Skincare Products • Ruby Ribbon Clothing • Nia's Tea With a Purpose House of Alva featuring handmade scarves from India • Essential Wellness Oils • Israeli Jewelry by Bareket Design ... and more!</i>
1:00 – 4:15 pm	Kaiser Permanente Health Screenings. Classroom C
1:15 – 2:00 pm	Martial Arts Class* Dan Cook Gymnasium <i>Learn the art of hand-to-hand combat and self-defense with Grandmaster Sijo John Oliva of Twin Dragon Academy. The class will also introduce the Filipino martial art Serrada Escrima (stick fighting) and combat Aikido with a goal of giving students a better understanding of self-protection and defense.</i>
1:15 – 2:00 pm	Jewish Yoga* Group Ex Studio <i>Connect all levels of being—mind, body, heart, and spirit—in this gentle, grounding Iyengar-based yoga practice rooted in Jewish mystical teachings. Julie Emden is Director of the Embodied Jewish Learning Initiative at Jewish LearningWorks in San Francisco.</i>
1:15 – 2:00 pm	Asian Cooking Demonstration Conference Room A <i>Join Certified Chef and PJCC Wellness Coach Jeannie Solomon as she explores the healthier side of Chinese food. Delight your inner Buddha and learn how to create savory low-sodium sauces, wilted Chinese greens, and a nutritious stir fry loaded with veggies and cooked in the healthiest of oils.</i>
1:30 – 2:00 pm	Indian Classical Dance Demonstration Hamlin Garden <i>Romi Roy teaches and choreographs Indian dance at the Nritya School in Foster City. Dancers from Nritya will demonstrate steps and explain the meaning of particular gestures (mudras) and postures, and will perform a choreographed work.</i>
2:00 – 3:00 pm	The Point of Acupuncture presentation featuring Kaiser Permanente Acupuncturist Dr. Scott Whitfield Board Room <i>Dr. Scott Whitfield, L.Ac., D.A.O.M., will discuss how to integrate the ancient art of acupuncture into the health regimen of those seeking greater levels of wellness. He will discuss how Kaiser Permanente uses acupuncture, which health conditions may benefit from it, and how it can work to increase one's self-healing capacity.</i>
2:15 – 3:00 pm	Indian Cooking Demonstration Conference Room A <i>Join Jyoti Jain, Sri Sri Ayurveda/Art of Wholesome Eating Cookery teacher from the Art of Living Foundation for a heart-healthy cooking demonstration. Learn how to make delicious and nourishing coconut mango chia pudding, with a touch of Indian spice.</i>
2:15 – 3:00 pm	Tai Chi* Group Ex Studio <i>Try this low-stress and low-impact routine that combines mental focus with physical progress for a healthier lifestyle. Appropriate for all fitness levels. Jason Weil is a 13th generation Chen Taijiquan practitioner who has studied and taught martial arts for over a decade.</i>
3:00 – 3:30 pm	Martial Arts Demonstration Hamlin Garden <i>Grandmaster Sijo John Oliva, of Twin Dragon Academy, and his students will demonstrate the self-defense techniques of the Filipino martial art Serrada Escrima (stick fighting). They will also illustrate hand-to-hand combat in armed and unarmed confrontation.</i>
3:15 – 4:00 pm	Introduction to Kirtan* Dan Cook Gymnasium <i>Experience a blissful sense of inner peace with the call-and-response chanting of Kirtan, a musical tapestry of ancient Sanskrit melodies and modern rhythms. Presented by the Art of Living Foundation.</i>
3:15 – 4:00 pm	Jewish/Israeli Cooking Demonstration Conference Room A <i>Tomatoes, cucumbers, chickpeas and the purest of olive oil often adorn the Israeli plate and are as nutritious as they are delicious. Join Certified Chef and PJCC Wellness Coach Jeannie Solomon as she demonstrates traditional Jewish cuisine with a healthy dose of Israeli ingredients and flavors. Good for your heart and your waistline too, this is Jewish cooking made perfect for the modern family.</i>
3:30 – 4:15 pm	Mindfulness Meditation* Board Room <i>Draw on the experience of mindfulness coupled with the insights of the Jewish spiritual path to give yourself the gift of wellness through meditation. Judy Fisher is the Director of OrHalev (Light of the Heart), the Center for Jewish Spirituality at Peninsula Temple Beth El in San Mateo.</i>

pjcc.org/wellnessfusion