

Integrative Eye Health Program: **Half-day Workshop**

January 27, 2018

9 am - 1 pm

Geffen Hall 122

Cost: \$120

Register: Call (310) 794-0712 or
email annafong@mednet.ucla.edu



The UCLA Center for East-West Medicine (CEWM) and UCLA Stein Eye Institute's half-day eye health workshop provides a general overview of holistic and integrative health approaches to eye health and the prevention of vision loss. The workshop focuses on self-care and traditional Chinese medicine approaches that alleviate symptoms of visual fatigue, photophobia, dry eyes, watery eyes and chronic eye disease. Topics include:

- Mind-body exercise
- East-West nutrition
- Acupressure
- Self-care management
- Health coaching
- Chat with the experts

Workshop participants are encouraged to wear comfortable clothing. Early registration is recommended due to limited seating.

This half-day workshop is an introduction to a three-day CEWM eye health retreat in February that will offer more comprehensive information on optimal eye health with acupressure, nutrition, mind-body exercises and mindfulness practice.