



# LIVE LONG, LIVE HEALTHY

## 2021 Year of the Metal OX

### Tuesday, April 20: 1-3 p.m., online class

Although Traditional Chinese Medicine (TCM) has been around for as long as Western Medicine, it was not commonly practiced in the United States and little was known of its many wonderful benefits. Of course, it was brought to this country with the immigration of the Chinese during the California Gold Rush of 1849, and the subsequent building of the transcontinental railroad in the 1860s, but it was practiced by the Chinese for the Chinese.

In 1970, President Nixon traveled to China and during that trip James Reston, a journalist traveling with the President, had to undergo emergency surgery for appendicitis and was given Acupuncture anesthesia which reduced the need for general anesthesia. This started the introduction of Acupuncture and TCM into the United States.

The class will include introduction to procedures like acupuncture, feng shui, and massage; the eight-parameter system in TCM; and the five elements of TCM.

Presenter information on back page.

**Questions?** Contact Frances M. Kavenik at 262-654-7570 or [kavenik@uwp.edu](mailto:kavenik@uwp.edu)

**Fee:** \$7 for Member and \$14 for Guests,      **Register by:** 4/15/21

Please mail checks payable to UW-Parkside/ALL or register online with a [credit card \(click here to pay with card\)](#). Once your registration is complete you will receive a confirmation email. Then a few days before the class, you will receive an email reminder with the link and instructions on how to join the class.

If you are mailing in your payment and want to print a registration form click here:  
<https://www.uwp.edu/connect/friends/upload/BlankClassRegistrationForm.pdf>

## ADVENTURES IN LIFELONG LEARNING

Tallent Hall, 900 Wood Road/Box 2000, Kenosha WI 53141-2000, Phone: 262-595-2793

### **Our Presenter:**

Patty Fullin has lived and worked in Kenosha since 1988. She holds an RN (Registered Nurse), BSN (Bachelor of Science in Nutrition), DAC (Diploma of Acupuncture) and MSOM (Master of Science in Oriental Medicine). She has served on the Boards of the Kenosha County Medical Alliance, Women's Horizons, the Domestic Violence Project, and has served on the State Medical Society Task Force. Since 2009, she is the sole practitioner and owner of the Acupuncture and Oriental Medicine Clinic in Kenosha. She is married to a doctor, and two of her three adult children are doctors.

