Discover secrets of wellness from Japan through a holistic approach that has been practiced and enjoyed through the centuries.

The Wellness Japan program is designed to educate people to become more health conscious by introducing them to trendy as well as traditional Japanese methods of wellness. Several types of complementary and alternative medicine will be examined, including relaxation, physical exercise, power eating, and others.

Date and Time
Thursday, November 2, 2006
Registration starts at 5:15 p.m.
Program runs from 5:30–8:30 p.m.

Location
ECU School of Nursing
Room 1102
Library, Allied Health Sciences, and Nursing Building
East Carolina University, Greenville, NC 27858-4353

Cost
$12 per person (tentative)
$10 for senior citizens
$7 for students

About the Program
Wellness Japan is a mini-symposium or a sampling session featuring five presenters speaking on their field of expertise. Sessions will include audience participation and demonstrations by presenters.

Once each participant determines which modality he or she is interested in pursuing in-depth in the future, certificate programs or weekend-intensive course work (noncredit), depending on the course, will be offered through ECU’s Division of Continuing Studies in February of 2007.

For more information, contact: Chikako Massey  masseyc@ecu.edu or 252-737-1352
visit us at www.ecu.edu/japancentereast/

East Carolina University
Tomorrow starts here.

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should call 252-737-1016 (voice/TTY) at least forty-eight hours prior to the event.