



Welcome
Office

Welcome to Well-being
A Journey to your Mental Harmony

Nutrition Practices with TCM: Self-Massage Techniques II

During this lecture, nutrition and dietetics from the perspective of Chinese medicine will be introduced. You will also receive some basic information on how to improve your resistance to diseases by accommodating your food diet according to the TCM basic principles as well as how to balance your organism. Lastly, some tips for interesting and useful exercises and self-massage techniques will be provided.

Lector: Zdeněk Chmelka, MAT

Date: May 17, from 10 AM to 12 PM

Place: Room 1.04, Vodární 6, Olomouc

Capacity: 30 persons

Registration: under the QR code or on the Welcome Office website

www.upol.cz/welcome-office

