

SLEEP WELL, LIVE WELL

in Mandarin

In today's busy world, getting quality sleep is more important than ever.

Join us for an informative health talk exploring sleep from a Traditional Chinese Medicine (TCM) perspective, presented by the team from the Australia-China Chinese Medicine Centre at Western Sydney University.

Topics include:

- Explore the connections between sleep, emotional balance, energy levels and overall wellbeing
- Learn how classical Chinese medicine principles can be incorporated into modern life to help improve sleep quality and restore balance in both the body and mind
- Discover how better sleep can support a healthier, calmer and more balanced life

When: Thursday 24 September, 10am-noon

Where: Riverwood Library and Knowledge Centre,
80 Kentucky Road, Riverwood

Cost: FREE

For more information or to book call **9707 5436**



中医祝您好眠， 乐享健康生活

学习适合现代生活的中医养生方法

欢迎参加由西悉尼大学中澳中医中心团队带来的健康讲座，一起探索如何通过更好的睡眠，迈向更健康，平静而平衡的生活。在当今忙碌的生活中，良好的睡眠比以往任何时候都更重要。本次讲座将从传统中医药的角度帮助您认识和了解睡眠，探讨睡眠与情绪平衡，精力状态与整体健康之间的关系。通过本次讲座您将学习如何把经典的中医养生理念融入现代生活，以帮助改善休息质量，回复身心平衡。

中文普通话讲座

时间：9月24日上午10-12，星期四，
地点：Riverwood 图书馆，
80 Kentucky Road, Riverwood
免费参加

报名请致电 9707 5436

