

Wellness Classes

Knowledge helps us to make better choices about how we care for ourselves. Our dynamic educational programs aim to inspire and enable people to better understand and integrate holistic health knowledge and practices in their life.

Come learn how Chinese Medicine and other holistic and complementary medical modalities work and may benefit you. We offer regular classes, introductory classes about Chinese Medicine, as well as a variety of classes and presentations by invited experts, practitioners and community partners. To view the class schedule, please go to

To register or receive more information about our classes, please call 1-415-677-2458 or email: wellness@.