

# Nourishing Health with Eastern Nutrition

Workshop for Faculty, Staff, and Students

**Confused by the plethora of conflicting nutritional information?**

**Looking for a fun, simple and easy way to think about eating healthfully?**

**Want to increase your energy and focus, and maximize your potential?**

**Thursday  
May 15<sup>th</sup>, 2014**

**12:00-1:00 pm**

**Commons 331**

Brown Bag Session:

Participants may bring their own lunch to this workshop.

*About the instructor:*

**Kathryn Nemirovsky, M.S., L.Ac.** is a licensed acupuncturist and practitioner of Chinese herbal medicine, as well as the Training Assistant for UMBC's Training & Organization Development department. As an integral part of her Chinese medicine practice, Kathryn counsels patients on proper nutrition in order to optimize wellness. Kathryn holds a Master's of Science in Oriental Medicine from the New York College of Health Professions.

In this age of the Internet and rapid scientific advancement, there is now more information available than ever about health and nutrition. Much of this information is contradictory and confusing, making it easy to become overwhelmed. To make matters worse, what is often espoused is a one-size-fits-all diet that simply doesn't work for everyone. Eastern nutrition provides a fun and easy way to think about eating healthfully in a way that suits each individual's needs.

In this workshop, you will learn the basic principles that comprise the foundation of Eastern nutrition, such as yin-yang and five-element theories. You will be given tools to understand the state of your own body's ecology, and to figure out which kinds of foods will work best for you. This course will provide you with a new way to think about nutrition in easy-to-understand terms that you can readily utilize in your everyday life.

In this program you will learn:

- Foundational concepts of Eastern nutrition, and the difference between Eastern and Western perspectives.
- Basic properties of various kinds of foods, and how they affect the body-mind.
- How to combine foods and balance meals accordingly.
- How to eat in accordance with the seasons.
- Guidelines for easy shopping and meal preparation.
- How to do a basic self-assessment of your nutritional needs, and apply the principles of Eastern nutrition to maximize health, vibrancy, and longevity.

**Register on the web by May 7<sup>th</sup> at: [www.umbc.edu/training](http://www.umbc.edu/training)**

Spaces are limited and pre-registration is required.

**Join the Wellness Initiative group: [my.umbc.edu/groups/wellness](http://my.umbc.edu/groups/wellness).**

