



# The Spectrum Center for Natural Medicine

8555 16th Street, Suite 402 • Silver Spring, Maryland 20910 • 301-565-2700 • [www.healingspectrum.com](http://www.healingspectrum.com)

*Invites you to join our ~*

## Chinese New Year ~ Open House

Friday, January 31<sup>st</sup> 1:30-7pm

HAPPY NEW YEAR, HAPPY NEW YOU!

The second new moon after the winter solstice marks the beginning of spring. This year on January 31, 2014 we burst into the energy of the wood horse. In the Chinese system, each year is associated with one of 12 animals. The year has some of the characteristics and energy of that animal. The horse has great momentum, graciousness, speed, and perseverance. This will be a time when there could be a shift to a new adventure or victory. It might be the chance to consider that possibility that has been on the back burner for a while. Generally, the year of the horse brings luck and good fortune.

~ COME CELEBRATE, LEARN AND SHARE ~

Doorprizes for complimentary treatments to be raffled to those who attend, including Acupuncture, Craniosacral Therapy, Aromatherapy, Herbal Consultation and more ~

**FREE** treatments & education sessions to include:

YEAR OF THE WOOD HORSE

- 1:30 - 2:30p - Group Auricular Acupuncture  
- offered by Gretchen Van Fossan / Devorah Walder
- 2:30p - Chanting with the Elements  
- offered by Beth Burke
- 3:30 - 4:30p - Learning More about Craniosacral Therapy, Acupuncture and Flower Essences to Support Infant, Child and Teen Health  
- offered by Gretchen Van Fossan / Devorah Walder
- 4:30 - 5:30p - Emotional Freedom Technique (EFT)  
- offered by Elena Khazanova
- 5:30 - 6:30p - Qi Gong  
- offered by Eve Solding
- 6:30p - The Health Benefits and Tasting of Seasonal Taiwanese Mountain Oolong Tea  
- offered by Matt Brookman

