



California Pacific  
Medical Center

A Sutter Health Affiliate

HEALTH & HEALING CENTER<sup>SM</sup>  
CLASSES AND SERVICES

PROGRAMS OF THE INSTITUTE FOR HEALTH & HEALING

Community Based, Not For Profit

Master Ko Wong  
Chi Kung  
Instructor  
Pages 7 and 20

SUMMER 2003



# WHAT'S INSIDE

"Our classes and services combine ancient health practices with the latest mind-body-spirit research in order to teach self-care approaches that work."

WILLIAM B. STEWART, MD

Medical Director of the Institute for Health & Healing

The Health & Healing Center offers programs to teach fundamental tools for wellness – whether you want to reduce everyday stress or are coping with an illness. They help you support your body's natural healing abilities, improve your fitness and flexibility, and leave you feeling more relaxed, energetic and alive. Depending on your particular needs, you may also want to take the Introduction to Self Care (see page 3) to better understand your options for a healthier lifestyle, or you may want to see an integrative medicine physician at the Clinic to develop a personalized care plan that combines conventional and complementary approaches.

## WHAT'S INSIDE

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In San Mateo and Marin: For information on our classes and services at Mills-Peninsula Health Services in San Mateo, call 650.696.HEAL (4325). For information on our classes and services at Marin General Hospital, Greenbrae, and Novato Community Hospital, Novato, call 415.925.7624.

For thousands of years the Chinese have practiced Chi Kung (pronounced "Chee Gong"), which translates into the art of cultivating and balancing life-energy (or "chi") through regular practice. Chi is an innate energy in all of us that you can access through Chi Kung movements, breathing techniques and meditation.

## Class

### DISCOVER YOURSELF – HEALING THROUGH CHI ENERGY

Master Ko Wong is internationally recognized for his exceptional skill at Healing Chi Kung. In this extraordinary ten-week course, you will practice Chi Kung meditation to achieve deep stillness and relaxation. You will learn to move your energy through meridian stimulation and Chi Kung self-massage. Master Ko will also teach moving Chi Kung which helps students connect with their chi: Many people first experience their chi when Master Ko "jump starts" them with his own healing energy.

#### Free introductory session:

Saturday, May 31, 9:15 – 11:15 am (registration required)

#### 10-weeks

Tuesday class starts June 3, 6:00 – 8:00 pm

Saturday class starts June 7, 9:15 – 11:15 am

#### Location

2040 Webster Street

#### Instructor

Master Ko Wong (see bio p. 20)

#### Cost

\$250 (includes free introductory class)

## Private Instruction

Chi Kung is an essential part of Traditional Chinese Medicine, which also includes acupuncture and herbs. It places an emphasis on treating a person's life force, or chi, and correcting any imbalances. Master Ko Wong assesses the energetic needs of each person, and directs his own healing chi to support health and healing.

#### Location

2300 California Street (entrance on Webster)

#### Practitioner

Master Ko Wong (see bio p. 20)

#### Cost

50-minute session, \$120

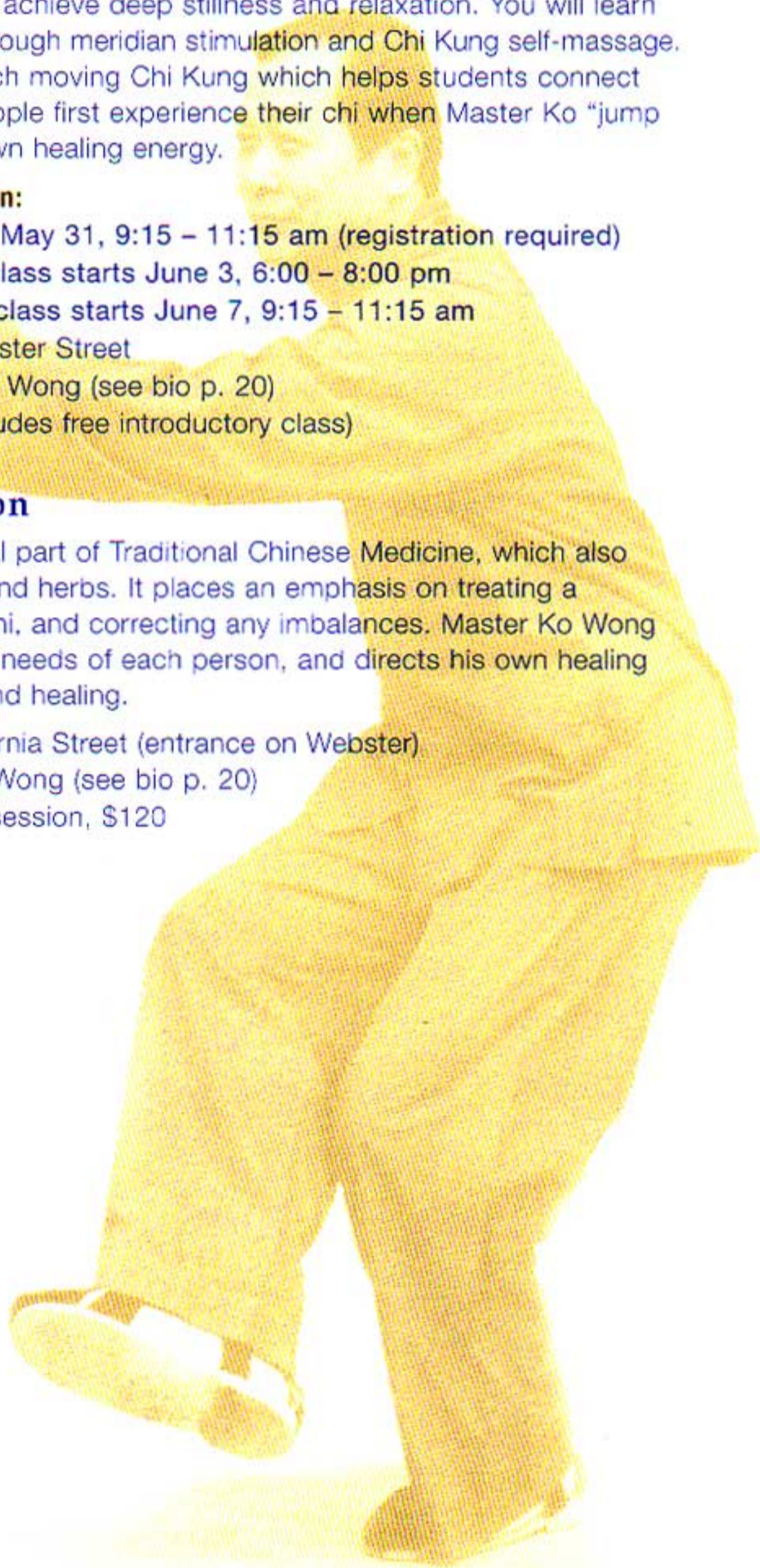
*Your class includes:*

- *Breathing and meditation postures*

- *Meridian stimulation*

- *Ten-point self massage*

- *Laughing and moving Chi Kung*



The Health & Healing Center, a program of the Institute for Health & Healing was created to help people heal and discover new approaches to healthier living. Our philosophy is holistic: we don't just treat symptoms – we serve the whole person with a highly individualized approach.

The Health & Healing Center integrates self care with expert care, and the best of conventional medicine with proven healing practices from around the world. Our physicians and practitioners are expert in many of the world's great healing traditions, including Western medicine, Traditional Chinese Medicine, and Indian Ayurveda – all backed by research, and practiced at a nationally recognized hospital in San Francisco.

### **The Health & Healing Center's offerings include:**

- Clinic
- Self Care Program
- Classes and Workshops
- Library
- Health Research Service
- Bedside Services

The Institute for Health & Healing was created to support healing and healthier ways of living, both for individuals and communities. It was founded in 1994 by joining three long-standing programs at California Pacific Medical Center. California Pacific is one of the largest medical centers in California, providing access to advanced medical care with a patient-centered focus.

### **The Institute for Health & Healing has four programs in San Francisco:**

- Health & Healing Center
- Health Professional Education
- Research
- Community Programs

Today, the Institute offers services in Marin and San Mateo counties as well.

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