

# Suzanne Friedman Cancer Fundraiser Class Schedule:

## Sunday, August 1 11am-5pm

**11:00 am**

**Seasonal Pickling with Nishanga Bliss Room: Student Lounge**

Come and learn the whys and hows of seasonal vegetable fermentation. We'll discuss the culinary and health benefits of various types of pickles, demonstrate how easy they are to make yourself, and sample a wide variety of delicious ferments.

**Qigong with Bob McAllister Room: Dan Chu**

**12:00 pm**

**Whole-Body Approach for Cancer with Dan Kenner Room: Jin Gei**

Dan will speak on the four factors that promote abnormal cell growth, the seven components of health and longevity and present research updates on cancer prevention and treatment. He will also explain some of the principles of alternative cancer therapies.

**Qigong with Abby Rappaport Room: Dan Chu**

**1:00 pm**

**Introduction to Oriental Medicine with Jamie Hampton Room: Jin Gei**

Jamie Hampton, DAOM, L.Ac specializes in Women's Health, Fertility and Reproductive (IUI, IVF) Support, and Facial Skin Rejuvenation. She is a passionate advocate for the use of Chinese medicine as a preventative healthcare method to achieve and maintain ongoing health and wellness.

**Partner Yoga for Adults and Kids with Natasha Khallouf Room: Dan Chu**

**2:00 pm**

**Pickling for Kids with Nishanga Bliss Room: Student Lounge**

Kids 5-12 will make a jar of sweet cucumber pickles to ferment at home, sample various types of pickles and learn about how delicious and healthy they are!

**Yi Jin Jing Qigong (Change of Tendons-Muscles Classics) with Vadim Derevyenko Room: Dan Chu**

Yi Jin Jing is an ancient Qigong set of exercises designed and refined by generations of Qigong masters to improve the health of one's joints, tendons and muscles. It specifically focuses on improving the condition of the back and improving/harmonizing the flow of both vital energy (Qi/Chi) and oxygenated blood to our internal organs, thus improving their function. It is a relatively easy form to learn and fun to practice. I would strongly recommend to learn this for people with any joint, tendon or back problems, or just those seeking to improve their overall wellness.

**3:00 pm**

**Introduction to Tongue Diagnosis with Amy Hanks Room: Jin Gei**

What does your tongue tell your acupuncturist about your health? Through Powerpoint slides and "hands' on" practice explore this unique, centuries-old diagnostic system.

**Kundalini Yoga with Seva Khalsa Room: Dan Chu**

**4:00 pm**

**Treating Low Back Pain with Acupuncture & Oriental Medicine with Barbara Martello Room: Jin Gei**

Learn the basics about how Acupuncture and Oriental Medicine approach and treat pain. Learn the basic mechanisms for how pain occurs and how it is alleviated with Acupuncture, Herbs, and Manual Therapy.

Special focus will be applied to back and shoulder pain, but bring your questions!

**Yoga Nidra; Psychic Sleep with Jennifer Patro-French Room: Dan Chu**

The group of asana we do prior to sleep practice loosens joints in the body. It is particularly useful for eliminating energy blockages in joints and outer extremities of the physical body and also works on the pranic and mental bodies. It is excellent for stress, insomnia, high blood pressure, rheumatism, and arthritis.

**Live Music:****Bitter Mystics**, 1-2:00pm

Enjoy a fusion of acoustic folk/country/pop/blues described as “boundary stretching Americana”.

[www.bittermystics.com](http://www.bittermystics.com)

**Latin Jazz Ensemble**, 2:30-4pm

If you join our support site at [www.suzannefriedman.org](http://www.suzannefriedman.org), a Paypal donation box is set up there if you would like to make a donation using a credit card.

**Biographies:**

**Nishanga Bliss**, MSTCM, LAc, is a licensed acupuncturist, an assistant professor at AIMC Berkeley, and a doctoral student in nutrition at Hawthorn University. She pursues her passion for healthy eating through growing, fermenting, sprouting, procuring, cooking, prescribing, blogging, teaching and enjoying sustainable, local food. Visit her blog at [www.gastronicity.blogspot.com](http://www.gastronicity.blogspot.com).

**Vadim Derevyenko**, MSOM, has practiced Qigong and Martial Arts since 1989 and is certified as a Medical Qigong Practitioner and an instructor at AIMC Berkeley, from which he graduated with an MS in Oriental medicine. He practices privately in Walnut Creek and supervises interns in the Medical Qigong clinic at AIMC Berkeley.

**Dan Kenner**, PhD, LAc, is author of *The Whole-Body Workbook for Cancer*, and *Acupuncture Core Therapy and Botanical Medicine: A European Professional Perspective*. He is licensed to practice Oriental Medicine both in Japan and the U.S. Dan was on the Board of Directors of the Meiji College of Oriental Medicine (now AIMC Berkeley) and is now on the Board of Governors of the National Health Federation.

Contact Information: [dan@dankenresearch.com](mailto:dan@dankenresearch.com), 707-575-7070.

**Barbara Martello**

Her therapeutic interests include womens health, musculo-skeletal complaints, allergy management, respiratory health, smoking cessation, stress management, chemo support, and digestive health.

**Jennifer Patro**, MAOM, LAc, did her Acupuncture training by the traditional approach working for a Master of TCM completing a state approved Tutorial with Bob Levine, and did her formal training at Academy of Chinese Culture and Sciences in Oakland Ca. Jennifer worked at Whole Child Wellness in Belmont with Pediatrician Dr. Elisa Song and others. At Whole Child Wellness she treated children with acupuncture and massage and educated parents on the benefits of TCM in pediatrics. Jennifer has also been a Tutor at Children’s Hospital Autism intervention program, working with children ages 1-3 years with autism and spectrum disorders. She has a clinic in Lafayette and an office at Back in Balance in Oakland Ca. She is planning on opening Pearlmoon Collective next year, a Women’s and Children’s clinic and yoga center.

Acupuncture for Pediatrics and Women's Health, Offices in Oakland and Lafayette

[www.pearlmoon.us](http://www.pearlmoon.us)

**Amy Hanks**, MS, LAc maintains a private practice in San Francisco, and is the founder of the Musicians' Acupuncture Project, a sliding-scale community acupuncture clinic specializing in upper body repetitive strain injury, tendinitis, arthritis and other pain syndromes. She received her BA with honors from UC Berkeley, and

her Master's from the American College of Traditional Chinese Medicine. She is an Assistant Professor at AIMC Berkeley.

[www.AcupunctureArtistry.com](http://www.AcupunctureArtistry.com), 415-846-4643

### **Event Description**

Please join us for a festive, educational and healing celebration on Sunday, August 1, between 11:00am and 5:00pm at 2550 Shattuck Ave. in Berkeley, CA! In honor of Dr. Suzanne Friedman, one of our preeminent faculty who was recently diagnosed with stage IV lung cancer, the Acupuncture & Integrative Medicine College, Berkeley, is producing this celebration fundraiser. Given a dire prognosis just months ago, Suzanne is successfully confronting and neutralizing this challenge to her life with help from an amazing integrative medical team utilizing medicines Eastern and Western, and a lovingly engaged and supportive community.

We will be hosting a variety of activities for patients, friends and family to raise funds to support Suzanne's continued resurgence. These include:

- Acupuncture treatments with clinic interns and college faculty
- Qigong treatments
- Qigong classes
- Yoga classes
- Presentations on acupuncture & Oriental medicine
- BBQ+ food & beverage
- Silent auction

Children's entertainment

Suzanne Friedman, Chair of the Medical Qigong Science Department and Director of the Medical Qigong Clinic at AIMC Berkeley, is one of the few Americans certified by Dr. Xu Hongtao to teach his form of medical qigong (called Guigen Qigong). Dr. Friedman, a licensed acupuncturist, nationally certified herbalist, and a doctor of medical qigong therapy, received her masters in traditional Chinese medicine from the American College of Traditional Chinese Medicine and her doctorate from the Beijing Western District Medical Qigong & TCM Research Institute. She teaches Qigong and the Medical Qigong Practitioner (MQP) Certification Program at AIMC Berkeley.

For more information on Dr. Suzanne Friedman's situation and support network, please visit:

<https://www.lotsahelpinghands.com/c/623856/>

For more information on the event, please contact:

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### **About AIMC Berkeley:**

The mission of the Acupuncture & Integrative Medicine College, Berkeley, a CA 501(c)3 non-profit corporation, is to produce caring, proficient and successful practitioners who serve our local community, the general public, and the Oriental medical profession worldwide by treating illness with skill and compassion, promoting health, harmony, and wellness. Located at 2550 Shattuck Ave. in Berkeley, CA, the college provides low-cost health care for the community.

BBQ