




{ APRIL is NATIONAL MINORITY HEALTH MONTH }



An inclusive initiative that addresses the health needs of African Americans, Hispanics, Asians, Native Americans, and other minorities. Its goal is to strengthen the capacity of local communities to eliminate the disproportionate burden of premature death and preventable illness in minority populations through prevention, early detection, and control of disease complications. ■

April is National Minority Health Month!

In the month of April, we celebrate National Minority Health month to recognize health disparities that affect many different racial/ethnic minorities. We take the opportunity to acknowledge that everyone in America should be entitled to live a healthier lifestyle, regardless of who they are, how they look, or where they live.

National Minority Health month encourages health equity, builds healthier communities, and creates a stronger and united nation that will fight towards a common goal of improving the health in our communities. It is essential we address the health needs of minorities through prevention, early detection, and control of disease complications.



(Courtesy of <http://minorityhealth.hhs.gov>)

Eastern School Reminders



Open House

For Prospective Students

Saturday, April 12th, 2014

Contact Kelly Williams at

kwilliams@easternschool.com

Spring Break

April 14th-20th, 2014

ENJOY!



Spring into Health Career Day

Thursday, May 1, 2014

We are hosting our second annual Spring into Health Meet and Greet Event for prospective students. Prospective students are offered an opportunity to meet the administrative staff and student body of the Eastern School giving them an opportunity to “pick our brains” about the Eastern School and all we have to offer!



Alumni Spotlight



Amy Yip



(Above is a photo of Amy Yip and her business)

For 20 years, I enjoyed working in the information systems field. It was once my passion and helped me advance in the corporate world. However, one day I realized that I wanted to pursue something different. I took some time to rethink about what I truly enjoy doing and what it is I could do for long term. I wanted to pursue a field that I would get better and better at within time. It was also important to me to contribute back to the community. Overall, I wanted to do something meaningful.

As a Chinese woman, I have always been proud about coming from a heritage that is thousands of years old. Being raised up with folk remedies, a combination of both western and Chinese medicine, I became quite healthy. I became interested in learning more about herbs, food, and additional ways to make myself healthier. I would pick up health related books and read them leisurely. I enjoyed any topics in the medical field because the human body and its components in a cell was so intriguing to me! After taking some time to study and research on the internet, I found that I could learn about traditional healing methods and practice them in America. That was when I found the medicine of acupuncture and the Eastern School.

I decided to join the Eastern School where I met a lot of great students and teachers. In the first year, I found it challenging because the topic was so foreign to me. Nonetheless, I was able to push forward and accomplish everything that is required to become a licensed acupuncturist. It required perseverance and hard work. There were moments of nervousness and frustration accompanied with tears, but at the end there was feelings of joy, accomplish, and pride.

I started my own practice in June 2013. It contains a humble two treatment room clinic. With the mercy of God, it has been growing since day one. I enjoy talking to my patients, analyzing their cases, and formulating treatment plans. Through my practice, I have learned that every patient is unique, even when they may have the same health condition. This is the most intriguing part of my career. My joy stems from the patients getting better and healthier and me knowing that I am part of that.

My favorite quote is “Don’t aim for success if you want it; just do what you love and believe in, and it will come naturally.” –David Frost

(Courtesy of Amy Yip)



UPCOMING EVENTS



Continuing Education Seminar Dates:

Kiiko 2014

Register now for Kiiko!

June 8, 2014

September 21, 2014

November 16, 2014



KIIKO MATSUMOTO

Fill out a registration form by visiting
www.easternschool.com

Jeffrey Yuen 2014

Register now for Jeffrey Yuen!

*Topic: Purification for the Mind,
Body, and Spirit (Using stones,
Herbs, and Acupuncture)*

June 14-15, 2014



JEFFREY YUEN

Fill out a registration form by visiting
www.easternschool.com

Community Events

❖ **April 16, 2014**

Elopement & Autism

Basking Ridge, NJ

❖ **April 16, 2014**

Diabetes & Depression Seminar

Toms River, NJ

❖ **April 24, 2014**

Healing Power of Meditation

West Orange, New Jersey

❖ **April 26, 2014**

Earth Day Clean Up

Jersey City, NJ

❖ **April 26, 2014**

Healthy Kids Day 2014

All YMCAs in New Jersey

❖ **April 26, 2014**

Run2Health: 5k Family Fun Walk

Montclair, NJ

❖ **April 29, 2014**

Spring into Summer:

Eat Well-Live Well

Franklin Lakes, NJ



Book
Recommendation
of the Month



*The Art of
Acupuncture
Techniques*

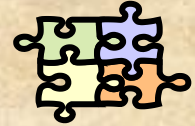
By:

Robert Johns



ACUPUNCTURE
WORD SEARCH PUZZLE

Q	I	G	O	N	G	S	W	M	D	E	D	P
T	R	E	A	T	M	E	N	T	H	R	I	A
W	P	G	C	A	E	L	S	C	L	U	O	C
E	K	D	U	I	L	S	X	O	M	T	D	H
E	F	I	H	C	W	U	T	B	H	C	E	I
Z	U	A	E	H	S	S	C	I	E	N	C	P
E	A	G	S	I	B	H	C	N	M	U	Z	A
R	S	N	J	N	I	G	A	U	O	P	O	C
C	C	O	R	U	E	D	P	Q	S	U	T	H
A	P	S	O	S	H	E	A	L	T	H	A	I
K	H	I	V	P	S	T	N	Z	A	B	T	V
N	K	S	I	M	A	G	N	E	T	S	V	E
A	G	C	K	H	L	H	V	X	U	N	E	N



Word Search Bank

- Diagnosis
- Diode
- Estim
- Health
- Hemostat
- Magnets
- Pachipachi
- Qigong
- Taichi
- Treatment
- Tweezer

Acupuncture

pokes a funny bone!!!

I think you're
misunderstanding how
acupuncture works.



someecards
user card

(Courtesy of <http://blog.vsphysio.ca/2013/02/05/interesting-physio-marketing/>)

Acupuncture Fun Fact



Did you know...?

“Originally acupuncture needles were not made of stainless steel, but of stone, bamboo, and bone. “

(Courtesy of <http://www.examiner.com/article/15-interesting-acupuncture-facts>)



BLOCK PARTY

Health Festival

292 Bloomfield Avenue, 2nd Floor, Montclair, NJ

Date: Sunday, May 4th Time: 1 pm—5 pm

A neighborhood block party!! You Are Invited!! Free admission!!

Celebrate May in Montclair with local small businesses and NJ Center for Healthy Living health & wellness practitioners!

chocolate and wine tastings * book signings * fitness demonstrations
organic garden start-ups * children's activities * exotic cars on display
health screenings * healthy refreshments * valuable raffle items
SOMETHING FOR EVERYONE !!!

We are grateful to the following agencies and local businesses that

HELP US FIGHT LOCAL HUNGER THE HEALTHY WAY

Mountainside Hospital Partners for Health Eat . Play. Live ... Better

Eastern School Of Acupuncture The Yoga and Meditation Center of Montclair

Aiki Acupuncture Sahana Spa Arthur Murray Dance Center of Montclair

Charmed Beading Studio Jul's Studios Davis Integrated Medicine

Edible Arrangements Boxed Organics

Excelsior Holding, LLC (292 Bloomfield Ave Building Owner)



50% of event revenue will be donated to improve the quality of nutrition at neighborhood soup kitchens.

Visit NJCHL.com for details

(973) 746-6191

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