

Three Rivers Tibetan Cultural Center presents: **An Introduction to Tibetan Medicine**

Saturday, July 29, 2017

at the Carnegie Free Library of SWISSVALE

10am – 12pm

*A Brief History of Tibetan Medicine and Healing System,
Theories and Practices, Mind-Body Connection, and Etiology of
Diseases and Disorders*

2pm – 3pm

*Causes, Symptoms, Diagnoses, and Treatment of Depression
and Arthritis according to the Tibetan Healing System*

LOCATION: Carnegie Free Library of SWISSVALE
1800 Monongahela Avenue
Swissvale, PA 15218-2312

PRESENTER: Mempa Youlha Tsering
Tibetan Medicine Practitioner
Massage Therapist

Mempa Youlha Tsering is a Tibetan physician graduated from the Qinghai University Tibetan Medical College in 2003. He received extended training in Moxibustion, Tibetan Ku Nye Massage and “Golden Needle Therapy” in Lhasa at the Provincial Tibetan Medical Hospital in 2007 and worked as a Tibetan Medicine Practitioner in Tibet and Nepal for many years. After coming to the United States, he explored a variety of massage and bodywork training in Conway, MA and Asheville, NC, and is licensed as a Massage Therapist. Mempa Youlha is dedicated to providing Tibetan Medical care that promotes long-term physical, mental, and emotional wellbeing.

He has given professional presentations on many topics including: *Tibetan Perspectives on Pathology and Wellness, Promoting Health by Decreasing Negative Emotions, and Tibetan Medical Perspectives on Arthritis.*

ALL ARE WELCOME

This presentation at the Carnegie Free Library of Swissvale is FREE to the public. Donations to support Three Rivers Tibetan Cultural Center's educational events are heartily appreciated as always.

During his 3-day visit to Pittsburgh, Mr. Tsering is also available for individual consultation on July 29, Saturday afternoon and evening, after his presentation, and July 30, Sunday, at **Three Rivers Tibetan Cultural Center, located near the library at **7313 Florence Avenue, Pittsburgh PA 15218.****

If you are interested in scheduling a consultation please send us a message to threeriversdharma@gmail.com with your full name, phone number, and preferred time. Check out our website: <http://www.threeriversdharma.org/> or <http://www.threeriverstibetancec.org/>

