**Chinese Wellness Exercises: Eight-Section Brocade**
Eight-Section Brocade, featuring eight movements, has been practiced for a long time in China. From the perspective of traditional Chinese medicine, Eight-Section Brocade facilities the smoothing of energy channels and replenishes the original Qi. Consequently, it strengthens the body from within.

Wednesdays (April 15, 22, 29 & May 6) 12:15-12:45 pm
Zoom link: https://iu.zoom.us/j/7756539225
Lead and explained by Jing Wang (jw41@iupui.edu)

**Perspectives of Traditional Chinese Medicine on Wellness**
Introduce various topics related with Wellness from the perspectives of traditional Chinese medicine
Wednesdays (April 22 & 29, May 6 & 13) 12:45-1:15 pm
Zoom link: https://iu.zoom.us/j/7756539225
By Jing Wang & Chinese Culture Club