

# BODHI 健康日 MEDITATION Health Fair

多倫多菩提禪修中心 Toronto Bodhi Meditation Centre

180 Yorkland Blvd., North York, ON, Canada M2J 1R5

11月4日 Nov 4, 週日 Sunday  
9:30 am ~ 5:00 pm

大型社區  
免費公益活動  
Public Community  
Service Event

Free Admission  
憑票免費入場

藥師佛聖誕法會  
專家健康講座  
一對一能量調理  
健康檢測  
禪茶品鑒  
素食薈萃

Medicine Buddha  
B-day Celebration  
Health Expert Talks  
Energy Healing  
Health Screenings  
Zen Tea Tasting  
Vegetarian Gourmet

機構贊助 Thanks Sponsorship

多倫多公共衛生  
多倫多認知障礙協會  
加拿大腎臟基金會  
加拿大癌症協會  
加拿大聽力協會  
病毒性肝炎護理網絡 勵視行  
太康參茸藥行 中國茶文化





## Health Expert Talks 專家健康講座



Introduction to Meditation 禪修講座  
Brain Health 大腦健康  
Fall Prevention 預防跌倒  
Cancer Prevention 如何有效預防癌症  
Understanding Kidney Disease 認識腎臟  
Bone Health and Maintenance 骨骼健康及養護  
Keeping Healthy in Winter from a TCM perspective 中醫談冬季養生



## Health Screenings 健康檢測



Hearing Test 聽力測試  
Blood Pressure Level Test 血壓測試  
Hepatitis C Rapid Screening 丙型肝炎篩查  
Traditional Chinese Medicine (TCM) Tongue and Pulse Diagnosis 中醫診脈  
Vision Checkup and Eyeglass Services 視力檢查及眼鏡服務  
Parkinson's Disease Information 帕金森諮詢



## One-on-one Energy Healing 一對一能量調理



Have your personal energy assessed and receive energetic adjustments to clear blockages, release pain and boost overall energy.

菩提禪修法寶之一：通過金菩提禪師傳授的密法，一對一的能量調理，幫助您疏通經絡，緩解疲勞，釋放壓力，獲得身心健康。

**Limited seating  
Reserve during  
event registration**

**各項服務只限活動當日  
註冊時預約，名額有限**



Zen Tea Tasting 禪茶品鑒  
20 Vegetarian Dishes 二十種素食薈萃  
Kids' Arts & Crafts 兒童手工  
Lucky Draws 抽獎活動



**免費擺渡 Free shuttle service**

從 Don Mills station 到多倫多禪堂  
from Don Mills Station to Bodhi Meditation centre  
9:00 am ~ 10:00 am



**諮詢電話**

For more information  
Tel: 647-812-0187  
416-223-1462 (華語)