



Center for
Traditional Health Arts
www.traditionalhealtharts.com

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Greetings,

For a long time (years actually) I have been thinking about establishing a membership program for the Center for Traditional Health Arts. My vision was to provide people with in-depth resources on Chinese Medicine, give members a range of valuable benefits and help them to join with other like-minded people.

I feel that there is a need for high quality, in-depth information on self-care, as this is probably the single most important factor in restoring and maintaining the health. Traditional Chinese Medicine has a wealth of information that focuses on this, and I always try to cover this aspect in our office visits, on our website and in our newsletter, but there is only so much that can be covered in these formats. I am frequently asked where someone could go for more extensive information on nutrition, qigong and other self-care practices and I haven't had a good answer.

What got me thinking more seriously about a member supported program recently was that I realized I was spending a significant part of my day providing consultations and herbs at low or no cost to people in need. We also provide classes, a no-cost Classical Chinese Medicine study group and an internship in our herb dispensary for students of Traditional Chinese Medicine. I am committed to continuing all of these programs, as I feel that the need for high quality Chinese Medicine care is greater now than it has ever been.

After thinking about these issues and weighing out possible approaches, I have decided to start a subscription membership program for the Center for Traditional Health Arts. The dual purpose of this would be to:

- Give members access to resources that focus on providing comprehensive information on Traditional Chinese Medicine with a focus on self-care practices (with information going from the basic level to advanced topics) including Medical Qigong, nutrition, acupressure, Chinese home herbal remedies, harmonizing with the seasons, emotional health and philosophy.
- Provide community support for Chinese herbal medicine for those with less financial resources.

We have thus developed an extensive group of membership benefits, including discounts on consultations, herbs and classes, and a membership website with an emphasis on practical self-care and inspiring and motivating material. The membership site will have weekly updates, exclusive articles, videos and audio files ranging from a video tutorial series on self-acupressure, to Medical Qigong, foods and more. On joining you will also receive a free download of our “Nourishing Life - Chinese Medicine Principles of Food & Nutrition” program.

The membership cost is \$20 a month and is recurring until you cancel it. You can subscribe on our website at <http://traditionalhealtharts.com/membership.html>

Membership Benefits include:

- Significant discounts at the Center: 10% discount on Traditional Chinese Medicine herbal consultations, private Medical Qigong lessons and herbal formulas and 15% discount on classes and workshops
- Access to the CTHA Member Website, which includes:

Articles on ways to enhance your health with practical self-care approaches, Classical Chinese Medicine, Qigong and other topics. Some of these have been previously published in national magazines, although most will be exclusive to this site.

Audio and video files on topics including a Medical Qigong series, an ongoing video tutorial series on self-acupressure, topics on food and nutrition, harmonizing with the seasons, the emotions within Chinese Medicine and a variety of other topics from the Classical Chinese Medicine perspective.

- A free download of our “Nourishing Life - Chinese Medicine Principles of Food & Nutrition” program. This nutrition program includes a 2 hour audio file and a PDF file of the class handbook. I decided to add this to the membership benefits as it is a great value - covering the first month’s membership in and of itself - as well as providing fundamental information on what we eat and how we eat.
- No cost Members Teas with Chinese tea and a lecture and discussion on specific aspects of Chinese medicine and philosophy.

You can subscribe on our website at <http://traditionalhealtharts.com/Membership.html>. Please feel free to contact me with any questions.

All my best,

Sean Fannin, CH, Dipl.CEM