

Participating Restaurants

Jo Jo Tai Pei Restaurant
103 Brighton Ave. Allston, MA
www.jojotaipei.mysayaglify.com

Mulan Taiwanese
Restaurant
228 Broadway, Cambridge, MA
www.mulan.4t.com

The DFCI Cultural Observances Committee's mission is to create a year-long calendar of cultural observances that represent the DFCI patient and employee community and advance an ideal work environment. To learn more, email Ann_S_Smith@dfci.harvard.edu or James_Chen@dfci.harvard.edu.



At the **Leonard P. Zakim Center for Integrative Therapies**, leading cancer experts combine new approaches to cancer care with the trusted treatments that have been saving lives for half a century. To learn more, email Zakim_Center@dfci.harvard.edu.

The **Chinese Scholars & Scientists Association** at HMS is a non-profit, non-political club which provides support and services for the people originated from China who are studying and working at Harvard Medical School and all of the affiliated institutes and hospitals. To learn more, email cssa@hms-cssa.org.

Event Planning Committee

Kate Burke, James Chen, Lijuan Deng, Mengye Guo, Baoli Hu, Jackie Hwang, Linette Phu, Ann S. Smith, Jinhua Wang

Special thanks to:

**General Services & the AV Team
Communications Department
Kerry Mahar, RN, MSN, AOCN
Bridget Fowler, Pharm.D.
Valerie C. M. Ching**

HONORING ASIAN PACIFIC AMERICAN HERITAGE
MONTH AND THE ZAKIM CENTER'S 10TH ANNIVERSARY

CELEBRATING CHINESE CULTURE: SYNERGY OF MIND, BODY, AND SOUL

Exploring scientific research on and clinical benefits
of Qigong and Taiji Practice



Co-Sponsored by

**CULTURAL OBSERVANCES COMMITTEE
ZAKIM CENTER FOR INTEGRATIVE THERAPIES
HMS CHINESE SCHOLARS & SCIENTISTS ASSOC.
OFFICE OF DIVERSITY & TALENT MANAGEMENT/ HR**



Continuing Education for this event:
1.25 Nursing CEs
1.0 Pharmacy CEs



PROGRAM

Dance Performance

Fan Mu, Tianteng Fan, Jessie Hsu
Harvard School of Public Health

Welcome

Linette Phu, CPhT, Event Committee
Janet Porter, Ph.D., Chief Operating Officer

Introduction of Speakers

David S. Rosenthal, M.D., Co-Clinical Director
Zakim Center for Integrative Therapies

Yang Yang, Ph.D.

“No Pain, More Gain: Methods and benefits of traditional
Taiji/Qigong and potential for cancer survivors”

Ramel Rones

“Complementing Cancer Therapy with Eastern Arts: Taiji/
Qigong as a mind-body healing and support mechanism”

Q & A

Closing Remarks

Ann S. Smith, Cultural Observances Committee
Baoli Hu, Ph.D., HMS Chinese Scholars & Scientists
Association

For handout copies, email DFCI_diversity@dfci.harvard.edu.



Yang Yang, Ph.D. Trained in China under several of the 18th generation grandmasters of the Chen style, Master Yang was a three-time Taiji champion at the Shanghai collegiate tournament and former instructor at the Shanghai Chen Style Taiji research association. To understand the power and mechanics of Taiji and Qigong beyond traditional explanatory frameworks, Master Yang completed a doctorate degree in kinesiology at the University of Illinois, where he remains as an adjunct faculty. His research focuses directly on the mechanisms and benefits of traditional Taiji/Qigong. Yang’s detailed study of Taiji/Qigong from these commanding points of view—as a master practitioner and as a scientific researcher—uniquely enable him to clarify and/or demystify what are often obscure points of theory and practice and to serve as a bridge between the Eastern/traditional and Western/academic fields. He is author of *Taijiquan: The Art of Nurturing*, *The Science of Power* and is currently the Director of the Center for Taiji & Qigong Studies, New York, NY. **For more information, visit www.centerfortaiji.com.**



Ramel “Rami” Rones moved to Boston from Israel in 1983 to study with Dr. Yang Jwing, a traditional Chinese Master. An award-winning martial artist, Rones now focuses on helping people with conditions such as cancer, arthritis, aging, injuries, and stress. He is a Qigong instructor at DFCI, collaborating on DFCI’s first research study on Qigong, and is a consultant on mind/body therapies at Harvard and Tufts Medical Schools, co-authoring numerous publications. He lectures and instructs the techniques of eastern internal arts in hospitals, institutions, and schools around the world and has been featured in the media, including the April 2003 issue of *Spirituality & Health*, which features Rones’s work with cancer. In 2000, he designed, implemented, and appeared in the Mind/Body portion of the exhibition “The Secrets of Aging” at Boston’s Museum of Science. He has collaborated with the Tufts Medical School to research the effects of Tai Chi on rheumatoid arthritis and fibromyalgia. Rones is the author of the best-selling DVD and book *Sunrise Tai Chi*. **For more information, visit www.ramelrones.com.**