



Contra Costa College opens doors to education opportunity and hope for the students and community of West Contra Costa County.

## NEWS RELEASE

### FOR IMMEDIATE RELEASE

What: Chinese Medicine for Preventive Health Class  
New 3-Units Course

When: Fridays 6:10p to 9:00p starting August 13 – December 17

Where: **Contra Costa College, Health Science Building, Room 1**  
**Department of Health & Human Services**  
2600 Mission Bell Drive  
San Pablo, CA 94006

**For More Information Contact:** Aminta Mickles at 510-235-7800 extension 4395 or Dr. Susan Lee at extension 4621.

This course is a comprehensive course that will introduce theory, philosophy and practice with acupuncture and reflexology points to prevent and treat common ailments. Qi Gong (health exercises and stretches) and everyday food usage with herbs to maintain and treat one's own health will be introduced. Students will gain an understanding and appreciation of preventative medicine through practical application.

**Look for the course:**

HHS 100k-6472 Chinese Medicine for Preventive Health

**See information about the instructor on the next page!**

**About the instructor:**

**John Kokko is a licensed acupuncturist and herbalist. He has a Master's of Science in Traditional Chinese Medicine from the American College of Traditional Chinese Medicine in San Francisco. He is in private practice at Turtle Island Integrative Health in Berkeley. He is currently teaching at the Academy of Chinese Culture and Health Sciences (Oakland) and the American College of Traditional Chinese Medicine and has guest lectured at the California Institute for Integral Studies**