

the 11th Sakura Health Fair 4/11-4/28 Sakura Health Fair 2019

"Cherry Blossoms, Japanese Culture & Health" **FREE admission** (some events may have fees)

Sponsored by JAA, JAMSNET/ Supported by Consulate General of Japan in New York

Please make your reservation at JAA 212-840-6942 / info@jaany.org

Place : JAA 49 West 45th St., 11th Floor, New York, NY 10036 (Between 5th & 6th Ave.)

Colored section of the events are at another venue. Please check the location specified.

APRIL	Time	Title	Instructors and Organization	
11th (Thurs)	10:00-12:00	Individual Legal Consultation -except for Immigration law	Reiko Kasano (Attorney)	4
	13:00-15:00	Long Term Care with Medicaid, program ICAN	Yoojin Kim, Mizue Katayama, KSC-JASSI	
	18:30-21:00	Meditation and Listening to the Buddhist Teachings	Miki Nakura (Buddhist Minister)	
12th(Fri)	18:00-20:00	"Distant Islands: the Japanese American Community in NY 1876-1930s"	Daniel Inouye (Ph. D. Historian & Author)	
13th (Sat)	12:00-14:00	REPORT: Survey on aging issues of the Japanese and Japanese Americans living in the Metropolitan NY Area.	Kiyoka Koizumi(Brooklyn College) , JAA Committee on Aging Issues	
	14:00-16:00	Community Café (tea & snacks will be served)	Keiko Sakagami, JAA Committee on Aging Issues	
	16:00-18:00	Spring Bon-Odori Workshop	Keisuke Mochizuki	40
14th (Sun)	12:00-16:00	The 12th Breast Cancer Symposium@NYC Treatment of breast cancer and gynecology cancer: Specialist from Japan and the United States	Starts at 12:15pm: ① Healthy Sandwiches made by Nutritionist & Lecturer, Asako Miyashita will be served.	50
		"The latest cancer treatment including Japanese and American genetic tests"	②Yoga Stretch Exercises by Masako Connery	
		The latest gynecology cancer treatment method in Japan	Dr.Toshimi Takano (Director, Department of Internal Medicine, Tokyo Toranomon Hospital)	
		The relationship between genes and gynecologic cancer	Dr. Kimihiko Oishi (Mount Sinai Hospital, Department of Genetics, Pediatrician)	
		Reservations : BC Network info@bcnetwork.org 201-400-9629 / JAA:212-840-6942	BC Network	
15th (Mon)	10:00-12:00	Free Hair Cut for Seniors	Michi Tahara, Nori Sasaki, Toshi Kubota, Mio Okano (Hair Stylists), JAA	30
	16:00-18:00	NY Obama care	Fumie Singh, JASSI	
16th (Tue)	10:45-11:45	Tai-chi and Balance Exercise	Etsuko DeFazio, JAA	
	13:00-14:00	Experiential: Calligraphy Class	JAA Calligraphy Class	10
17th (Wed)	11:00-13:00	Demonstration: Urasenke Tea Ceremony	Sochi Sanada, Soritsu Suzuki (Ura Senke School)	10
	14:00-16:30	Movie "The Notebook"	NY Japanese American Lions Club	
	18:00-19:30	Keeping Safe in New York	Consulate General of Japan in New York	
18th (Thurs)	10:00-12:00	Individual Consultation on US Immigration Law	Mami Terai (Attorney), JAA	8
	12:00-14:00	Spring Keiro Kai (Birthday Party, Music by Iwaki Band), \$5 JAA member, \$8 non-member	JAA Social Service Committee	100
	14:00-15:00	Brain Therapy and Finger Exercises by Origami	Toshiko Kobayashi, CJCAT/OTA	20
19th (Fri)	10:00-10:30	Rhythmic for Families: 1-2 years old	Yoshiko Inoue, JAA Apple Kids	15
	10:45-11:30	Rhythmic for Families: 2-3 years old		15
	13:15-15:00	JAA Chorus open house	Motomi Tanaka, JAA Chorus	
	18:30-20:30	Discover Aomori in New York:Aomori local cuisine \$30	Aomori Kenjinkai	
20th (Sat)	11:00-14:00	The 15th JAA Sakura Matsuri at Flushing Meadows Corona Park, near Queens Theatre at the World's Fair site Greeting by Ambassador Kanji Yamanouchi, Soh Daiko, JAA Chorus, Okinawa Dance & Hanagasa (Parade), Tea Ceremony Please make your reservation for Bus and Lunch at info@jaany.org /212-840-6942(Bus Fare \$5) Place: Flushing Meadows Corona Park at Queens Theatre at the World's Fair site		300
		Herbal Medicine for beginners	Fumiha Tanaka, Maiya Robinson (Clinical Herbalists)	
	13:00-15:00	Stress Reducing Workshop ※Please bring a bath towel	Eiji Takamori (Yoga Instructor/Stress Management Instructor)	20

	15:00-17:00	HEIAN: Spring Haiku & Senryu	Mami Sugimura (ICF Associate Certified Coach) , HEIAN	15
21st (Sun)	10:00-12:00	Japan-U.S. Legal Individual Consultation (Inheritance, Divorce, Child Custody, etc.) 15 min/person	Yoshiaki Miyamoto, Esq.	8
	10:00-12:00	Cardiopulmonary resuscitation for Adults & Children	Satoko Kanahara,MD.(Internal medicine, pediatrician), NY Suku Suku Kai	20
	13:00-15:00	Discussion with Ms. Yuge: Health, Senior Care, Dementia etc.	Yoko Yuge (RN Home Health Care Field Supervisor), NY Silver-Kai	
	12:30-15:00	Spring Haiku	Hako-Ku-Kai	
	15:30-17:30	Workshop "Awa Odori" Dance	Japan Performing Art, NY Tokushima Kenji kai	
22nd (Mon)	13:00-17:00	Individual consultation for people who are planning to live in Japan	Toru Hayama (Financial Advisor)	8
	18:00-20:00	Social Security Benefits	Toru Hayama (Financial Advisor)	
23th (Tue)	10:00-16:00	Individual Consultation on New York Health Insurance (Obama Care)	Takako Hara (NY State Health Insurance, Japanese Navigator), JAA-CACF	
	12:00-13:00	Workshop for children with learning and physical limits Place: Garth Woods, Scarsdale, 235 Garth Road, Scarsdale, NY 10583	Shizuko Barns (School Counselor), Apple Times	40
	19:00-21:00	Experiential: New York Mixed Voice Chorus	Saya Callner, Rikako Asanuma, NYMC	
24th (Wed)	11:00-13:00	Experiential: Flower Arrangement - Sogetsu	Hazue Tamura Rogers (Sogetsu Ryu School)	10
	12:00-13:00	Breast Feeding workshop at Tenri Institutes, 43 A West 13th St.	Kumiko Seki	10
	18:00-19:30	All is Well Coaching: Life Balance Workshop	Aiko Brody (Certified Life Coach)	10
	18:30-20:00	Cherry Blossoms and Japanese Aesthetics	Yasuhiro Takasaki, NY Rekishi Mondai Kenkyukai	
25th (Thurs)	11:00-12:30	Blue Zones-8 Secrets of Well-being Centenarian around the world	Natsuki Watanabe (Whole Foods Lifestyle lab.)	
	13:00-14:30	Anti-Aging Workshop & Light Exercises	Takako Johnson(Certified Anti-Aging Nutrition Consultant)	
	17:00-20:30	Discussion with Pregnant Moms & Dads (Rice Balls & Tea will be served Fee: \$5)	Maki Kano (Pediatrician), Kumiko Seki (Midwife), NY Suku Suku kai	16
	18:30-20:00	Moratorium Nationalities over the age of 22	Keiko Shiozaki (Visa Counselor)	40
26th (Fri)	10:45-12:00	Warm Up & Relaxation Stretch (Please bring a bath towel & a face towel, sneakers)	Yoriko Orciuoli (Instructor of Aerobics & Fitness Association of America)	10
	18:00-20:00	Medical Debt	Yuko Kosugi (SHARE) Natsuko Kitagawa (Attorney) SHARE Japanese Program	
		New York Japanese American Lions Club presents :		
27th (Sat)	10:00-11:30	Clean up "Object and Mind"	Satomi Yamaguchi (Judicial scrivener)	
	11:45-13:15	How to make yourself shine	Tsuyoshi Tsuda (Psychological counselor)	
	13:40-15:10	"Comfortable, Healthy and Relaxed" Renovation	Hiroki Suzuki (Architect)	
	15:30-17:00	The world changes when you change	Junko Miki (Clinical psychologist)	
28th (Sun)	11:00-13:00	Steiner Movement Workshop for 6-11yrs children (Please bring 15 NY Times size paper, sneakers)	Chikako Miyoshi (Director: The Brooklyn Nijinohashi Japanese Cultural Center)	20
	13:00-15:00	Dementia Supporters Workshop	Keiko Sakagami, Yoshiko Takahashi, JAA Committee on Aging Issues	

These programs are made possible by support from the Mitsui Foundation in U.S.A., ANA NY Senior-Kai, NY Japanese American Lions Club and NY Weekend School Parents Association