

## The 8th Sakura Health Fair "Cherry Blossoms, Japanese Culture & Health" 4/8-4/30/2016

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.)

\*Highlighted portion of the classes are at another venue. Please check the location specified.

☆in English only

\*Free admission but some classes may have fees for materials.

April	Time	Title	Instructors and Organization	Limit
8 Fri	10:30-11:30	Warm-up & Relaxation Stretch	Yoriko Orciuoli (Fitness Instructor)	
9 Sat	10:00-12:00	Medical Conditions of the World. Let's learn how to cope with differences and uses of medical services available overseas.	Koichi Nakamoto (MD. Head of the clinic of the Ministry of Foreign Affairs of Japan), Ryuichiro Sasae (MD, London), Tsunetaka Yoshida (MD at the Japanese Embassy in Bangkok), Shunichi Homma (Professor at Columbia Univ. & Head of the Jamsnet)	50
	12:30-14:30	Ways to take care of the Seniors: 1) How to lift and take care of seniors without burden on your body. 2) How to include positive thinking in your senior life 3) Learn from Momiji Health Care Society in Ontario, Canada, which is deeply connected to the community.	Shinichiro Okada (Physical Therapist), Takayo Inoue (Professor Emeritus of Meiji Gakuin Univ. , Clinical Psychotherapist), Kiyoshi Denpo (Social Worker at Toronto Momiji Health Care Society)	50
	15:00-16:45	Mental Health of Japanese Overseas. How to maintain good mental health conditions while living overseas.	Ema Saito (LJ:Psychiatrist, Head of the Japanese mental health network in New York), Tsunetaka Yoshida (MD, Psychiatrist at the Japanese Embassy in Bangkok)	50
10 Sun	11:00-12:00	Art Workshop for Children Place: Sakura Gakuen, 16 Halstead Ave., 1st Floor, Harison, NY 10528	Reiko Fujisawa (Art Therapist, LCAT, ATR-BC)	6
	10:00-12:00	Origami for Parents & Children: Let's Express Origami, Image & Dance	Origami Art Therapy, CJCAT, Dance de Laugh	20
	13:00-15:00	MOVIE "Happy" & Discussion	HEIAN	50
11 Mon	10:00-12:00	Free Hair Cut for Seniors - Let's get Spring Hairstyles!	Hair Stylists: Michi Tahara, Shunsuke Takahashi, Nori Sasaki, Toshi Kubota	20
	10:30-12:30	Lymphatic Massage	Kanako Ishimura (Lymphatic Drainage Treatment Specialist)	20
	18:00-19:00	Exercises: Prevent Falls	Yasuho Mori (Athletic Trainer), Mika Hayashi Podiatric Clinic	
12 Tue	10:30-11:30	Zumba Dance & Stretch	Yoriko Orciuoli (Fitness Instructor)	
	11:45-12:45	Experiential: Tai-Chi	Etsuko Takahashi, JAA	
13 Wed	11:00-12:00	Oriental Medicine (16)	Tomoko Kakutani (Acupuncturist & Herbalist)	
	13:00-14:00	Music Making for Children (3-5 years old) Place: NJ Koguma Yochien, 530 10th Ave., Palisades Park, NJ 07650, (201) 944-6968	Kaoru Robbins (Music Therapist)	10
	13:00-16:00	~Medical and Health Issues in the USA~ Individual Session Place: JASSI, 100 Gold St., #LL, New York, NY 10038 Call JASSI for reservation at 347-482-1541.	Yoko Naka Japanese American Social Services, Inc. (JASSI)	
	15:30-18:00	Discussion with Pregnant Moms & Dads	Maki Kano (Pediatrician), Kumiko Seki (Midwife)	12
	18:30-21:00	Meditation & Listening to the Teaching of Buddha	Rev. Miki Nakura (U.S. Higashi Honganji)	
14 Thu	10:00-12:00	Individual Legal Consultation -non Immigration matters (30 min/person)	Reiko Kasano (Attorney)	4
15 Fri	10:30-12:00	Infantile Cerebral Palsy:Evidences and Situations in U.S. and Japan	Hiroko Matsumoto (Clinical Reserch Director, Weinberg Family Cerebral Palsy Center at Columbia University Medical Center), Apple Time	20
	13:15-15:15	Experiential: JAA Chorus	Mari Takagi, JAA Chorus	
16 Tue	13:00-15:00	Individual Legal Consultation on Family & Children (20 min/person)	Yoshiaki Miyamoto (Attorney)	6
	13:30-15:15	Dementia Supporter Workshop: Let's Learn about Dementia	Caravan Mate-Keiko Sakagami , Shizuko Kato, Yuko Utada, Junko Schnabel, Masae Fujimoto	
	15:30-17:30	Dementia among your family and friends	Taeko Nakajima (Social Worker, Rutgers University), Sonen-kai	
17 Sun	10:00-12:00	How to enroll NYC Kinders	Sonoko Kawahara, YM Medical Network, JAA Apple Kids	40
	12:00-13:00	Mindfulness Class	Eri Kubota (Clinical Psychologist), Kaori Stram (Psychological Counselor, Yoga Instructor), Japanese Mental Network	
	13:15-14:45	Japanese Haiku Making	Shukan NY Seikatsu, Ito En	10

	13:30-15:30	Community Café (Tea & Snacks)	Keiko Sakagami, JAA Committee on Aging Issues		
	15:00-17:00	Tale of Genji	Maho Yahata (Asst. Prof. of Japanese Language & Literature, Pace Univ.)		
18	10:30-12:30	Flower Arrangement (Sogetsu)	Hazue Tamura Rogers (Sogetsu Ryu School)	10	
Mon	13:00-15:00	Chair Yoga & Total Wellness	Takako Johnson (Yoga Instructor)		
19	10:30-12:00	Life Balance Workshop: Make Yourself Confident	Aiko Brody (Life Coach)	6	
Tue	13:00-14:00	Japanese Calligraphy	Calligraphy Master, JAA		
	19:00-21:00	New York Mixed Voice Chorus	Aya Shimada, New York Mixed Voice Chorus		
20	11:30-12:30	Urasenke Tea Ceremony	Sochi Sanada, Soritsu Suzuki (Urasenke School)		
Wed	14:00-16:00	New Obama Care Health Insurance for Pregnant Women and Children	Kumiko Seki, Takako Hara (Japanese Navigators), JAA, CACF		
	18:00-20:00	Lecture on New York Safety Measures and Infection Prevention	Hayato Ishizuka, Consulate General of Japan in NY		
21	10:00-12:00	Individual Consultation on US Immigration Law (15 min/person)	Mami Terai (Attorney), JAA	8	
Thu	12:00-14:00	Keiro-Kai (Lunchon for Seniors), Piano Mini Concert by Marina Iwao, Japanese songs with Iwaki Band	JAA Social Service		
	14:00-16:00	Discussion: Living Alone & How To Survive the Golden Years (#7)	Michiyo Noda, Taeko Nakajima, JAA Committee on Aging Issues		
22	10:00-12:00	Treatment of Breast Cancer in U.S.A. or Japan Place: SHARE Main Office, 165 West 46th St., Suite 706	Mika Masui (E-BeC), SHARE Japanese Program	40	
Fri	10:30-11:30	Playdate (2-3 years old)	Yuko Velsey, JAA Apple Kids	20	
23	11:00-14:00	<p style="text-align: center;"><b>The 12th Sakura Matsuri at Flushing Meadows Corona Park (JAA)</b></p> <p style="text-align: center;">Greeting by Ambassador Reiichiro Takahashi, Soh Daiko, JAA Chorus, Okinawa Sansen, Koto Performance and Hanagasa (Parade), Tea Ceremony on the lawn</p> <p style="text-align: center;">Please make your reservation for Bus and Lunch at <a href="mailto:info@jaany.org">info@jaany.org</a> /212-840-6942 (Bus Fee: \$5)</p> <p style="text-align: center;">Place: Flushing Meadows Corona Park, near Queens Museum of Art &amp; Skating Rink</p>			
Sat	13:00-15:00	<p style="text-align: center;">The 9th Breast Cancer Symposium @ New York</p> <p>Women's Cancer: "Difference of Treatment in U.S. and Japan" ~Nutrition &amp; Diet to Heal the Body &amp; Soul~ Place: Nippon Club(145 W 57th Street), Please make your reservation through BC Network event site, <a href="http://bcnetwork.org">http://bcnetwork.org</a></p>	Takashi Ishikawa (Professor, Breast Surgery Dept., Tokyo Medical Univ. Hospital), Hana Irie (Asst. Professor Medicine, Hematology and Medical Oncology, Mount Sinai Hospital), MC: Kaoriko Kuge (Announcer), BC Network	60	
	13:00-14:30	Positive Psychology : Healthy Behavioral Habits for Adults & Children	Ari Matsumura (Doctor of Medicine, Clinical Psychologist)		
	15:00-18:00 ★ in English only	Symposium: Understanding the Great East Japan Earthquake and Tsunami in a Global Context: Shared Stories and Lessons of the Natural Disasters in Japan, Haiti, and New York	Kirsten Homma & Fred Tsutagawa, Consortium for Japan Relief (CJR)		
24	10:00-12:00	Science Forum for Kids (4 - 12 years old)	Tsuyoshi Konuma, Maki Kano, Japanese Medical Society of America		
Sun	14:00-17:00	Let's Enjoy Takarabune Awa Dance Super Workshop	Instruction by Takarabune Awa Dance Team, Tokushima Kenjinkai		
27	11:00-12:30	Find Yourself: Using the Japanese Cards	Setsuko Suzuki (Career Counselor & Life Coach)		
Wed	18:00-20:00	OBAMA Care Health Insurance : How to use it smartly	Kumiko Seki, Takako Hara (Japanese Navigators), JAA, CACF		
28 Thu	18:30-20:00	Cherry Blossoms and Japanese Aesthetics	Yasuhiro Takasaki, New York Rekishi Mondai Kenkyukai		
29 Fri	18:30-20:00	Life Balance Workshop: Make Yourself Confident	Aiko Brody (Life Coach)	6	
NY Japanese American Lions Club					
30	10:00-12:00	Lions College Liberal Arts Course: Guide to My Number System in Japan and other various procedures.	Hayato Ishizuka, Consulate General of Japan in NY	70	
Sat	13:00-16:00	Lions College Theater: MOVIE "Journey with Haru" (Starring Tatsuya Nakadai, 2010 Japan, 134 minutes) Life anthem capturing everyone's wonderful moments faced at one's turning point.		70	