



UNITY
celebrating our shared humanity

**Asian American Pacific
Islander Heritage Month**

Kung Fu Performance with Master Lan



**Thursday, May 5, 2022
5:15pm - 6:15pm
Room E111**

In this interactive performance, Master Lan will instruct the audience about Shaolin Kung Fu and Chinese traditional medicine. Focusing on internal wellness and the balanced flow of Chi, students will learn about traditional medicine and their importance in mindfulness practice.

Register at <https://bit.ly/kungfu-2022>

For more information and inquiries, visit <https://www.laguardia.edu/ahc/>

Before coming to campus, view the College's vaccination policy at <https://www.laguardia.edu/campus-safety/students/>. For special accommodations, please contact campuslife@lagcc.cuny.edu at least two weeks prior to an event.