



**How to Heal from and Prevent the Effects of Drunk or Drugged Driving, Thurs. Dec. 17th,
6:30PM**

December is National Drunk and Drugged Driving Prevention Month. The school of Oom Yung Doe recognizes this month by offering a free community seminar focused on teaching healing and prevention methods using traditional martial arts techniques.

Dec. 7, 2009 - [PRLog](#) -- Free community seminar at all Northwest schools of Oom Yung Doe, Thursday, December 17th, 2009 at 6:30 PM.

The school of Oom Yung Doe recognizes Drunk and Drugged Driving Prevention Month by offering a free community seminar focused on teaching methods of preventing, healing, and recovering from the effects of drunk or drugged driving by using traditional martial arts training methods.

Oom Yung Doe movements are known to help heal many injuries such as those sustained in car accidents resulting from drunk and drugged driving.

Also, Oom Yung Doe training methods are known to help reduce and alleviate the stress, anxiety, and depression that lead to drug and alcohol abuse. Instructors are able to work with students struggling with or overcoming alcohol and drug abuse to help them take their lives in a positive direction.

The seminar will last about one hour. Wear loose, comfortable clothing, and bring someone you care about.

“My pain began after a car accident in May of 1993... I had tried doctors, chiropractors, physical therapists and normal exercise... I was diagnosed with severe depression... My last car accident happened in May of 1999... the training that Oom Yung Doe was passing on to me was working and healing my ten years of pain... I am stronger than ever... My life has changed in ways I thought were impossible.” -Chris G.

“Two months ago I entered Oom Yung Doe... my depression has lifted and I have lost 25 pounds... I am calm during my daily activities... I am able to handle the stress of my occupation much better... I can actually sleep better at night.” -Latasha B.

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Eight martial arts taught as one. Oom Yung Doe teaches how to improve your health and inner peace through correct martial arts movement, herbs, and meditation. Perfect for any age or condition, the longer you train the healthier you get.

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Source	Oom Yung Doe
City/Town	Bellevue
State/Province	Washington
Zip	98006
Country	United States
Industry	Fitness , Health , Sports
Tags	Health , Fitness , Martial Arts , Tai Chi , Kung Fu , Karate , Self Defense , Jiu Jitsu , Meditation , Stress Relief
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