



## SPECIAL NOTICE

### **Traditional Medicine:**

#### **Love Lá Lốt**

**Saturday, 21 September, 3:00 PM – 05:00 PM**

**(English)**

Betel leaves (lá lốt) help you handle the heat and humidity. They also help balance your yin-yang, improve digestion, reduce headache from the cold and alleviate cold feet and hands. High in antioxidants, lá lốt can be cooked in many ways with ingredients ranging from beef to tofu.

Come to our Love Lá Lốt session presented by a highly experienced, traditional medicine expert and learn how to use lá lốt leaves in simple meals that not only taste good but are very good for you.



**Place:** DG Cafeteria, No. 66 Lane 12 Đặng Thai Mai St.  
**Cost:** 200,000 VND  
**Limit:** 10 people  
**Contact:** Trà My, [trmy.nguyen@gmail.com](mailto:trmy.nguyen@gmail.com), Phone: 0914539591