

TAI CHI & QIGONG

Sponsored by ROCKY RIVER ADULT ACTIVITIES CENTER

1st & 3rd Friday of each month
10 a.m. - 11 a.m.

Rocky River AAC

Led by Jeannie Koran CTCQI, Certified INHC, Wellness Advocate
For further details, contact jeanniekoran1@gmail.com or call (216) 470-2334

FREE!

Wear comfortable shoes and clothing

Tai Chi and Qigong (TC & Q) are powerful health maintenance practices steeped in 2000+ years of body-mind wisdom. Practicing TC & Q provides you with an ingenious 2 -for-1 reward: you accumulate the benefits of both physical exercise and meditation within one form of movement. TC & Q is fun, relatively simple and both gentle and powerful. Studies show the health benefits include: to increase relaxation, to balance blood pressure and cholesterol, to improve joint mobility, general balance, coordination, stamina, bone density, immunity, memory, focus and sleep quality.

Jeannie Koran is a well-known and loved Tai Chi and Qigong instructor throughout Northeastern Ohio. She began studying Qigong Tai Chi in 1996 and was so inspired by the powerful holistic benefits of these health maintenance practices that she pursued her certification from the Qigong Academy and has been teaching since 1998. In May 2017, Jeannie earned her certification in Integrative Nutrition Health Coaching.

Jeannie offers an enthusiastic, compassionate, empowering and joyful teaching style in her Qigong and Tai Chi classes. She teaches at Euclid Hospital Rehabilitation Department, the CCBDD Adult Activities Centers, UCP Centers, and many community, recreational and senior centers throughout Northeastern Ohio.

Rocky River Adult Activities Center • 20120 Detroit Road • Rocky River • 216-931-7390



CUYAHOGA COUNTY
Board of Developmental Disabilities