

NEW



Qì Gong

Energy (chee) and gentle body movement (gong) for healing the body, mind and emotions.

***FRIDAYS, 10:00 - 11:00 AM
APRIL 5, 12, 19 AND 26, MAY 31
JUNE 7, 14 AND 21***

Meeting Room/Theater



Health benefits of Qi Gong include:

- weight control
- improved energy and agility
- stress reduction
- increased concentration
- reduced neck and back pain
- rejuvenated mind, body and spirit

Drop in. Gentle exercises are easy to learn. Led by Jian-Yang Rong



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