

# Qi Gong

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

***FRIDAYS, 10:00 - 11:00 AM***  
***APRIL 4 & 11***

***TUESDAYS, 10:00 - 11:00 AM***  
***APRIL 22, 29, MAY 6, 20, 27,***  
***JUNE 3, 10 & 17***  
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

*In consideration of others, please refrain from wearing perfume or other strong scents to class and please arrive on time. Thank you.*



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