

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.*