

Practice Qi Gong for Your Health

Meeting Place, Columbus

POTENTIAL HEALTH BENEFITS RELATED TO:

FIBROMYALGIA, IMPROVING BALANCE,
OSTEOPOROSIS, DEPRESSION,
SLEEP QUALITY, KNEE OSTEOARTHRITIS,
SHINGLES, PERIPHERAL NEUROPATHY,
HEART FAILURE, HIGH BLOOD PRESSURE,
PARKINSON'S DISEASE

(These potential benefits of deep breathing and gentle movements of Qi Gong have been documented by research studies performed by leading medical centers and are funded by the National Institute of Health.)

See: <https://nccih.nih.gov/health/taichi>

Wednesdays 2 P.M. to 3:30 P.M.

Cost: \$ 6.00 per class

Please call 828-899-0038 for information