

# GREEN CREEK SENIOR CENTER

NEW CLASS COMING IN JANUARY

## **CHI GONG FOR HEALTH**

DURATION: January 10 to February 28

COST: \$49 for 8 WEEKS

TIME: Fridays 10 - 11.30 A.M.

INSTRUCTOR: ED KAN

## **LEARN CHI GONG FOR YOUR HEALTH**

POTENTIAL BENEFITS RELATED TO:

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

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

**Please call 828-863-2795 to register.**