

QI GONG

Another great wellness program offered at the senior center.

A holistic exercise system, coordinating body posture & movement, breathing, & meditation.

BILL MAZZEO of Hull will share his knowledge to balance (Qi = "chi") and life energy. Qigong classes are on every, **WED @ 12:30 for Jan, Feb, Mar. Plan for about an hour.**

All interested, please stop in.

\$3.25.

Qi Gong is similar to Tia Chi.