

Qi Gong in Victoria Park



Qi Gong is a traditional Chinese practice of aligning breath and movement to boost energy, mental focus and physical well-being. Qi Gong is gentle, empowering, self-healing, fun and easy.

Additional Classes are now offered in Victoria Park (meet at the Gazebo)

May 13 and 14	7:30 – 8:30 am
May 20 and 21	7:30 – 8:30 am
May 27 and 28	7:30 – 8:30 am

Everyone welcome – no registration required

**For more information, please call (519) 570-4595 to speak with either
Jasmina Ext. 4052 or Brenda Ext. 4061**

67 King St E. Kitchener



Canadian Mental
Health Association
Waterloo Wellington Dufferin

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pour la santé mentale
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