



PRESENTS

QI GONG

THURSDAYS IN FEBRUARY

1:00 PM -1:45 PM

DATES: 5TH, 12TH, 19TH, 26TH

EDGEWOOD LIBERTY HALL

550 FREEDOM PARK DR, EDGEWOOD

QI GONG IS A 5,000-YEAR-OLD CHINESE PRACTICE COMBINING GENTLE MOVEMENT, BREATHWORK, AND MINDFULNESS TO BOOST MOOD, ENERGY, AND OVERALL HEALTH. INCLUSIVE FOR ALL AGES AND ABILITIES, IT ENHANCES BALANCE, FLEXIBILITY, AND VITALITY, PROMOTING HARMONY IN BODY AND MIND.

FREE - OPEN TO ALL AGES & NON-RESIDENTS

NAME(S): _____

ADDRESS: _____

PHONE NUMBER: _____

E-MAIL: _____

NUMBER OF GUESTS: _____

**PLEASE RETURN REGISTRATION FORM TO
CITY OF EDGEWOOD, 385 DUDLEY ROAD, EDGEWOOD, KY 41017
CALL 859-331-5910 FOR FURTHER INFORMATION.**

