



Qigong

Qigong combines slow, graceful movements, and simple routines with visualization, breathing techniques and meditation. Together these release stress, balance your mood, and strengthen your overall health and energy.

Tuesdays at 10:00 AM

Room 207

Charles N. Enes Community Center

150 Nevers Road, South Windsor

8 Weeks for \$40

Register in the Human Services
Office

Any questions, Please Call.
(860) 648-6398