

## FREE SELF HELP CLASS

The Hearst Cancer Resource Center  
is pleased to invite you to our

# Qigong Exercise Class

Meets every Wednesday

5:30 to 6:30 p.m.

Group facilitator: Ann Newland, Certified Qigong Teacher

Outdoor location is weather dependent

Please call Hearst Cancer Resource Center for more details at  
805.542.6234 or email us at [HCRC@dignityhealth.org](mailto:HCRC@dignityhealth.org)

Qigong, pronounced “chee-gung,” literally means “Energy Work.” Qigong is a Chinese health and spiritual development system that helps to lower stress, increase vitality and aid healing. Its exercises are inspired by the movements of wind and water, using the same principles that nature employs for cleansing and replenishing. Qigong is a practice that involves a series of postures and exercises—including slow, circular movements—regulated breathing and focused meditation. It can be carried out sitting, standing, or lying down.

### Benefits of Qigong

- Stress reduction
- Energy cultivation
- Strengthening the body
- Increase flexibility
- Fun and easy to learn and practice

Benefits cannot be predicted or guaranteed, but often come with regular practice.



**Ann Newland**

■ Ann Newland, Certified Qigong Teacher, has been studying alternative health therapies for most of her life and was led to Qigong for self-healing over 10 years ago. She has been studying and practicing with several Qigong masters—including Kenneth Cohen, Roger Jahnke, Deborah Davis—and is certified by Lee Holden. Newland loves to be in natural surroundings, believing that nature helps us get back to our center to be at our best for ourselves and for others.



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