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

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.

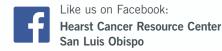


Ann Newland

■ 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.



Hearst Cancer Resource Center



Keep up with all our classes and programs at our website:

Dignityhealth.org/HCRC