

Start your day with

Qi-Gong



Experience the many health benefits including improved balance, flexibility, mobility, energy, circulation and strengthening every organ of the body. Burn calories while building body strength and the heart.

The class will focus on gentle relaxing full body movements, diaphragmatic breathing and stress management.

TIME: 10:00 a.m. – 10:45 am.

DATE: Tuesdays on
February 6, 13, 20, 27, March 6, 13, 20 and 27, 2018

FEE: \$55.00/8 Sessions

LOCATION: Hanover Township Community Center

Register at Hanover Township Community Center

15 N. Jefferson Road, Whippany

Phone: 973-428-2463

Or online at <https://register.communitypass.net/HanoverTownship>

