

Chair QI GONG

Gentle Movement for a Healthier You

*With
Instructor
Joe Pandolfo*

 Improve Balance  Increase Flexibility  Reduce Stress  Support Overall Wellness

OCTOBER

Wednesdays at 11:30 AM

10/7 Class

10/14 **NO CLASS**

10/21 Class

NOVEMBER

Wednesdays at 11:30 AM

11/4 Class

11/11 Class

11/18 **NO CLASS**

11/25 Class

\$5
PER CLASS

No Registration Required

All Are Welcome!

All levels welcome! Gentle, seated movements to help you feel stronger, more flexible, and more relaxed.

For more information, call the Senior Center at 860-487-5122.