**Listen to Your Body**

**Qigong Classes**

**TOOLS FOR HEALTH AND WELLBEING**

This program **develops self-management of health and**

**wellbeing to support independent living** using

simple, easy and effective qigong and Chinese

medicine techniques.

This series classes include:

1. Basic Qigong (meditation, mindfulness, and movement)

2. self-massage techniques

3. healthy lifestyle and

4. wellbeing advice

The Classes are easy, simple to follow, and repetitive so no need to remember a lot of details. The class is very adaptive so all ages and abilities are welcome to participate.