



# Qigong Refresh and Recharge

Auld Pavilion, 1650 Memorial Drive

Thursdays, 9:30 to 10:30 a.m.

Sept. 13 through Nov. 29 (no class Nov. 22)  
(11-week session)

This ancient, meditative practice focuses on slow, gentle movements that help to relieve aching muscles and stiff joints, improve balance and flexibility, and increase energy. Movements begin from a chair, move to standing forms and close with seated stretches and stimulating breath exercises. This class is appropriate for individuals at all ability levels.

## IMPORTANT NOTICE

"Please register early. Classes that do not have sufficient enrollment will be canceled."

**To register, call the  
Aging Partners Fitness Center  
at 402-441-7575.**

