

*Virtual*

# Qigong

**Thursdays**  
**2:00 pm**



Explore the benefits of Tai Chi Qigong Shibashi Set One. This easy, all-accessible practice complements yoga and meditation, lifts our energy, improves balance, lowers stress and reconnects the mind, body and spirit. To be included in the live Zoom class, please send an email to Loretta Fernandes-Heaslip at [lfheaslip@brockchc.ca](mailto:lfheaslip@brockchc.ca).

Questions: Call 705.432.3322.



**Brock  
Community  
Health Centre**