

Introduction to Qigong

FOR THOSE TOUCHED BY CANCER: PATIENTS & CAREGIVERS

Thursdays, April 4 - May 16*

*No class April 18

6:00 -7:15 PM

Life with Cancer Family Center
8411 Pennell Street, Fairfax, VA 22031

Learn to use the internal tools of your mind, body, and breath to promote wellness. This series will explore how breathing, guided meditation, and gentle movement may impact your emotional and physical well-being, as well as provide the theoretical background for qigong. Attendance at each session and practice between classes is strongly encouraged.

Facilitator, Michelle Ferretti, LCSW, OSW-C

Community support makes it possible for Life with Cancer to offer classes and groups free of charge to individuals impacted by cancer.

Advance registration is required at

www.lifewithcancer.org

or call 703-698-2526

